

INSIDE: MEET OUR TOP 32 USN OF FITNESS FINALISTS

fit & fitness

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22 SMITH
MACHINE
FULL BODY
WORKOUT
MOVES

HOW TO
PLAN
YOUR
SEASON

get a beach body

WORKOUT
WITH JUST ONE BAG!

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YOUR
BODY**
with
veggies

6 WAYS
TO BEAT
**CARDIO
BOREDOM**

Live like a
cover girl!

**Ashleigh
Frost**

AN EXCLUSIVE
LOOK AT HER
TRAINING
ROUTINE
& MEAL PLAN

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ideas

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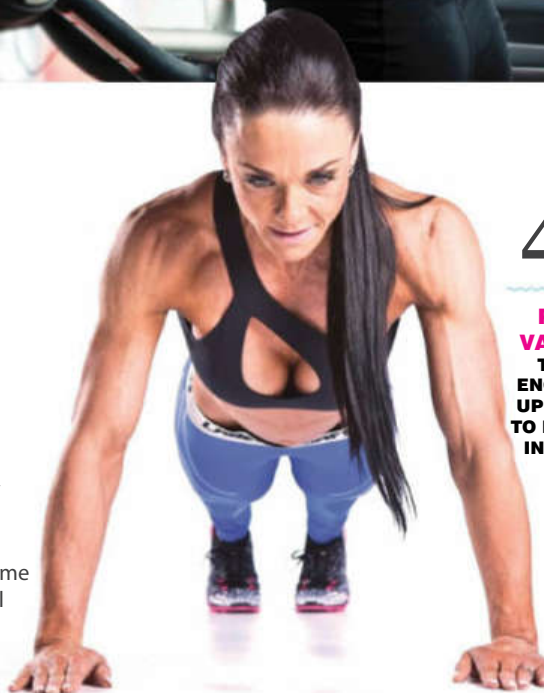


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ENOUGH PUSH-UP VARIATIONS
TO KEEP THINGS
INTERESTING.



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ON THE COVER
Ashleigh Frost
Photo by James Patrick
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Editor: Tanja, Models: Marcelle & Karen
Photography: Eben and Cindy

MEET THE TOP 32 ASPIRING FITNESS
MODELS VYING FOR THE COVETED SPOT
ON OUR NEXT COVER
PAGE 72

CHECK OUT THE TOP32!

THE GIRL WHO BEST
EPITOMISES THE
FITNESS LOOK AND
LIFESTYLE...

THE MENTAL RE-FEED

As we head into the holiday season the rationale to put exercise last is tempting. What if I told you that the trick to having the perfect "off-season" is to focus on your fitness? Feeling good about your fitness levels and your body image over the holiday is a powerful motivator to stay on track.

The secret is making it a priority even when you have a dozen other things to do. Scheduling times to train with a friend or signing up for group training are two easy and fun ways to make sure you get the workouts in. Setting certain strength and fitness goals by way of changing up your routine will also help keep things fresh.

While it's certainly a time to rest and recharge, you don't have to lose the gains you've made throughout the year. Exploring different fitness modalities and taking time to make fitness fun again will yield great results, both physically and mentally.

Starting the day off right sets the tone for everything that follows. Yup, like a "runner's high", researchers have found that heavy resistance training with an anaerobic component releases large amounts of endorphins – those feel-good hormones. And feeling good about your workout will make you come back for more.

And even if it is the season to be merry, it's really the perfect time to focus on fitness goals you might have put second to work or a busy year-end lifestyle. Like a re-feed for your body, this time around it can be a re-feed for your mind. If you've been struggling to find balance, to make time for fitness and yourself, you now have the opportunity to do both. Sit back and take a breather from that everyday rush while you focus on getting the workout time in – on your time!

Enjoy this issue.

Tanja

YOUR LIFE IS
YOUR MESSAGE
TO THE WORLD.
MAKE IT
INSPIRING

WORKOUTS THIS ISSUE:



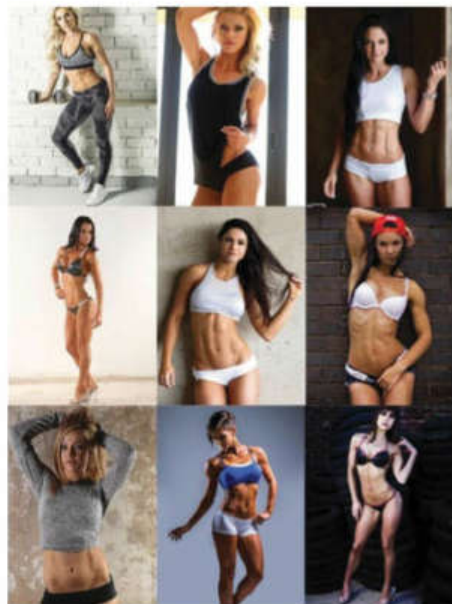
PG 50 Holiday bag workout

If you're hitting the road this holiday season, check out our weighted bag workout. No gym, no problem! We give you a four-day full-body workout plan with just one implement.

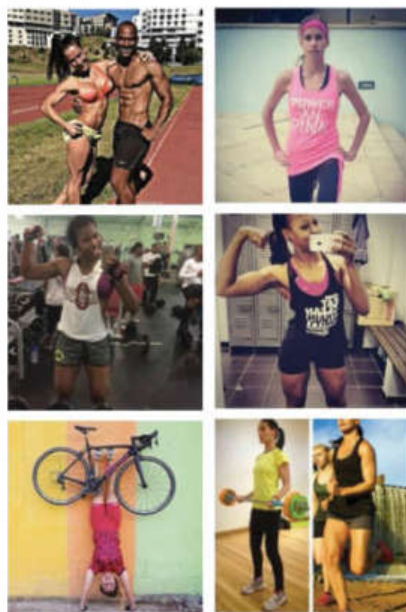


PG 56 Ultimate Smith machine workout

Whether you want to isolate specific muscle groups or you're simply in search of a new way to get a quick full-body workout with one simple piece of equipment, Smith machine exercises are exactly what you're looking for!



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YOU DO,
NOT WHAT YOU
SAY YOU'LL DO**



SIZZLING FITNESS FASHION TRENDS

SWEAT IT OUT IN
STYLE THIS SUMMER
PAGE 24



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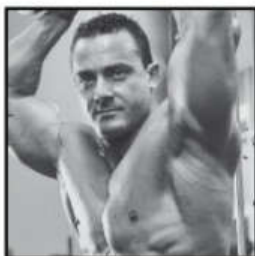
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Available from Sportsman's Warehouse, Cape Union Mart and selected Dis-Chem stores for R44.99 (75ml) and R79.99 (500ml).

GOOD SNACKS LAUNCHES IN SA

Good Snacks offers a monthly subscription-based service that delivers healthy snacks that are carefully sourced and customised specifically to a customer's preference. Good Snacks supplies clients with a month's supply of healthy, wholesome snacks to help health-conscious individuals stay on track with their healthy lifestyles. Two box sizes are available depending on how many snacks customers plan to eat per month – the Light Box or the Standard Box. There is also a Banting Box offering for those following a low-carb, high-fat eating plan. Customers can also select their preference for vegan or vegetarian options, or select options to avoid specific food allergies.



Good Snacks boxes start at R450 per month, and can be delivered either to a home or office address. Corporate boxes are also available. For more info visit www.goodsnacks.co.za. Download the mobile app for ordering and rating on the go.



APP OF THE MONTH



FITKEY

FitKey is an app developed in South Africa that connects users to a range of geo-located exercise classes.

The solution is a product of two of the Cape's fastest growing industries: exercise and technology. The app allows the user to join an extensive range of fitness and exercise classes without being locked into a specific contract. To sign up or for more info visit www.fitkey.co.za. Available for iOS devices from the App Store and for Android from Google Play.

SSISA LAUNCHES NEW ONLINE LEARNING PLATFORM

The Sports Science Institute of South Africa (SSISA) recently announced the launch of SSISA Connect, an online learning platform that aims to bring learning to people instead of people to learning. The platform aims to create an engaging learning

experience, integrate technology seamlessly into the curriculum instead of viewing it as an add-on, and will design courses around what the learners need to do with their newly found information after the course is finished. SSISA is a Sector Education Training Authority

(SETA)-accredited training provider which means all learners who meet the course requirements will be certified and, if relevant, will receive SAQA credits and CPD points. Visit www.ssisa.com/ssisa-connect-online-education/ for more info.

TOP READS THIS MONTH

RAISING SUPERHEROES

By Professor Tim Noakes, Jonno Proudfoot, Bridget Surtees

The sequel to the best-seller The Real Meal Revolution focuses on giving children the best possible chance of avoiding obesity and diabetes. The book aims to provide tools and information to continue The Real Meal Revolution's mission to educate 'from the ground up'. Throughout the book, parents are shown how to eliminate (or drastically reduce) sugar and refined carbohydrates from their children's diets and to include more real, non-processed whole foods. The chapters explain and demonstrate what children (and mothers) should be eating at every stage in life – the book is a step-by-step guide to raising a family in a healthy, practical way that will result in the next generation having a healthy relationship with food.

Available at all major bookstores nationwide. R330



EAT WELL, FEEL WELL

By Jeske Wellmann, Adele van der Merwe

This book aims to guide and empower cancer sufferers, their caregivers and their families, to manage their cancer symptoms the nutritional way. Packed with recipes and information, and with specialised meal plans for different types of cancer.

www.graffitibooks.co.za R275



COOKING FROM THE HEART 3

By Heleen Meyer

In partnership with Pharma Dynamics, the Centre for Diabetes and Endocrinology (CDE) and the Heart and Stroke Foundation SA (HSFSA), Cooking from the Heart 3 aims to inspire, motivate and educate the estimated 3,5 million South Africans living with diabetes, while also creating greater awareness among the broader public of the risk factors associated with diabetes. The book includes 25 easy-to-follow recipes the entire family will enjoy, and will again be made available at no cost to the public, courtesy of prevention-minded pharmaceutical firm, Pharma Dynamics.

Download your free copy at www.cookingfromtheheart.co.za or www.heartrecipes.mobi





ZONE FITNESS EXPANDS FOOTPRINT

The rise in gym memberships across the country, despite tighter economic conditions and reductions in consumers' expendable income, has been attributed to the emergence of 'value' gyms that offer practical, functional equipment and forgo frills in an effort to keep membership fees as low as possible. Zone Fitness is one such brand. Having first opened its doors in Cape Town during 2002, there are now 18 Zone

Fitness clubs nationwide. The chain has grown by 30% in the past year alone, with additional plans for further expansion over the next 12 months. At present Zone Fitness has 100 000 active members and continues to grow based on the affordability of monthly membership fees. Visit Zone Fitness at www.zonefitness.co.za or join the conversation on Facebook via ZoneFitnessSA and on Twitter @zonefitness_sa.

Upcoming Courses EARN CPD POINTS

OCTOBER	JANUARY
- Pilates ABC (JHB, CPT)	- Group Fitness (JHB, CPT, DBN)
- Kettlebell Instructor (JHB)	- B.S. Life Coach 101 (JHB)
- Yoga Muscles and Motion (JHB, CPT)	- Sports Massage (JHB, CPT)
- Pre and Post Natal Exercise (CPT)	- Yoga Muscles & Motion (JHB)
- Fighting FITT (CPT & JHB)	
NOVEMBER	
- Pre and Post Natal Exercise (JHB, CPT)	
- Studio Cycle (JHB)	
- Kettlebell (DBN)	
- Fighting FITT (DBN)	

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FITMOMMY ADDS NEW BRANCH

Fitmommy – offering fitness for the modern mom with or without baby – has added a new franchise located at Norscot Manor, Penguin Drive, Douglasdale, Johannesburg. The original franchise has also moved to a new location at Helderfontein Estate, Cnr William Nicol Drive and Broadacres Rd, Fourways/ Dainfern.

For more info or to register visit www.fitmommy.co.za.



FITPRO[®] FITNESS PROFESSIONALS COURSE DATES

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- 31 Oct-1 Nov - Exercise & Pregnancy
- 6 Nov - Athlete assessment
- 7 Nov - Sports conditioning
- 14 Nov - Boxing level 2
- 20 Nov - Stretching
- 21 Nov - Strapping
- 21 Nov - CPR & choking
- 27 Nov - Kinesis workshop
- 28 - 29 Nov - Bootcamp
- 4 Dec - Assessment refresher
- 5 Dec - Boxing level 3

CAPE TOWN

- 14 November - Sports injuries
- 28 November - Strapping

DURBAN

- 7 November - Stretching
 - 14 November - Sports conditioning
 - 21 November - Boot camp
- Visit www.fitpro.co.za

LIVE THE LIFESTYLE WITH BIKINI BIZNIZ

Started by competitive athletes and published fitness models Jenine Van Der Merwe and Hillary de Beer, Bikini Bizniz aims to help other women live the fitness lifestyle.



These like-minded ladies share a love and passion for health and fitness, and love how rewarding it is to help others achieve their best. The consultancy, represented by Gitte Kietzmann as an ambassador, aims to help women be the best that they can be by assisting them with their weight loss, health and fitness goals. The service is suitable for anyone, from the not-so-active lady to the aspiring bikini competitor. The offering includes eating plans, training programmes, group training, life coaching and posing classes. There are packages to suit every need or something can be tailor-made to suit individual requirements. The company's interactive and engaging website offers a base of support for members, with the opportunity to interact with other like-minded ladies. Users can take part in regular forum discussions, ask questions, and stay updated with the latest info on fitness competitions, health expos and other related events.

Visit www.bikinibizniz.co.za for more info or to sign up.

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EVENTS CALENDAR

LADIES-ONLY MTB STAGE RACE LAUNCHES IN SA

The mountain biking mecca that is South Africa will also host a ladies-only race in 2016. Next year Titanium Sports Events will present the inaugural Tour de Femme, a three-day mountain bike stage race in the Cape winelands region. While the mountain biking at the Tour de Femme will be challenging, it won't be too intimidating. All the off-the-bike elements will be focused on what women want, including a bike wash and lube station, mechanical support, quality, tasty food, great wine and plenty of comfortable social gathering points. Additional 'spoil' options include massages, manicures and/or pedicures. The Tour de Femme will be based at one location, creating a village-type atmosphere, with no camping. To maintain a high level of participant satisfaction entries will be limited and will include teams of two as well as solo entry options. The entry fee will include two nights' accommodation and three days of catering. There will be two timed stages, with the first day being an orientation-type afternoon that includes some skills sharpening, followed by a wine-tasting ride. Visit www.tourdefemme.co.za for regular updates.



2015 SOWETO MARATHON

The 2015 edition of this popular race promises to be even bigger and better than last year's successful event thanks to support from new title sponsor Old Mutual. Distances include the standard marathon (42.2km), a half-marathon (21.1km) and a 10km race.

DATE: 1 November 2015

VENUE: Nasrec Expo Centre

Visit www.sowetomarathon.com for more info.

SIX IN ONE CHALLENGE

The Six in One Challenge is an exciting multi-sport event that consists of six legs that must be completed in sequence. Athletes who would like to skip the water-related legs can enter in the No H²O category.

DATE: 29 November 2015

VENUE: Doran Vineyards, Paardeberg

Visit www.iqela-events.co.za to enter.

FAIRVIEW DRYLAND TRAVERSE

The fourth edition of this four-stage trail-running race will cover a total of 75km and includes two National Heritage sites, offering participants a challenging route with dramatic scenery. The event caters for teams of two, including mixed teams, and solo entrants. Entry includes three meals a day, clean, ample ablution facilities and tented accommodation. There's also an 'own accommodation' option for those who do not want to stay in the tented race village.

DATE: 5–8 November 2015

VENUE: Klein Karoo, Oudtshoorn

To find out more visit www.drylandtraverse.co.za.

2015 STELLENBOSCH CYCLE TOUR

The Stellenbosch Cycle Tour presented by Liberty will see roughly 7,500 riders lining up to take on the 95km route, which moves through some of the Western Cape's most beautiful winelands and past scenic landmarks. This, the second largest cycling event in the Western Cape, is the final seeding opportunity for the Cape Town Cycle Tour, which takes place on Sunday, 6 March 2016.

DATE: Sunday, 29 November 2015

VENUE: Stellenbosch High School, Stellenbosch

For more info visit www.stellenboschcycletour.co.za.



PHOTO CREDIT: CHERIE VALE / NEWSPORT MEDIA

PENNYPINCHERS ORIGIN OF TRAILS

The third annual Pennypinchers Origin Of Trails two-day mountain bike stage race combines a vast network of world-class trails with beauty and exclusivity. The race gives riders the opportunity to experience a spectacular combination of single tracks. Family and friends are invited to take part in the fun while enjoying live entertainment and basking in the special vibe at the event.

DATE: 27 and 28 November 2015

VENUE: Hofmeyer Hall, Church Street, Stellenbosch

For more info visit www.stillwatersports.com.

2015 FNB WINES2WHALES

The popular FNB Wines2Whales (W2W) mountain bike event series kicks off this year in Somerset West at the end of October. Starting at Lourensford Wine Estate, riders will cross through and over 13 wineries, 26 private farms, six mountains, historic roads and mountain passes, and nature conservation areas including the Kogelberg Biosphere, before finishing at Onrus Caravan Park, within sight of the famous whales of Hermanus. A variety of three-day stage races are on offer, including the FNB W2W MTB Adventure, a slightly more relaxed FNB W2W MTB Ride and the action-packed FNB W2W MTB Race.

DATES: 30 October – Sunday, 1 November 2015 (Adventure)

2–4 November 2015 (Ride)

6–8 November 2015 (Race)

For more info visit www.wines2whales.co.za.



PHOTO BY VOLUME PHOTOGRAPHY

CORONATION DOUBLE CENTURY

Roughly 3 000 cyclists – 250 teams of up to 12 members each – will line up in Swellendam to tackle the annual Coronation Double Century. Now in its 23rd year, the 202km Coronation Double Century will see riders passing through the event's key landmarks in Montagu, the Tradouw Pass, the tough 7km Op De Tradouw stretch, and the demanding 'three sisters', before winding to a close at the Swellendam Show Grounds.

DATE: 21 November 2015

VENUE: Swellendam, Western Cape

For more info visit www.facebook.com/CoronationDC or follow @TheCoronationDC on Twitter.

BESTMED BALLITO EXPEDITION

The route boasts amazing views and some tough yet rideable terrain on both the 25km and 50km race routes. There will be a number of great water points and spectator viewing points along the route.

DATE: 14 November 2015

VENUE: Sugar Rush Adventure Centre, Ballito, KwaZulu-Natal

Visit www.asgevents.co.za for more info.





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Q

Underweight

I'm 31 years old and have a 10-month-old baby. The only time in my life I had a 'normal' BMI was when I was five months pregnant as I'm 1.8m tall and weigh 54kg. In a nutshell, my nickname is 'Twiggy' for a reason. I have seen numerous doctors and I've had many blood tests; my metabolism is normal, as is everything else with regard to my health. I have started doing weight training but I don't feel that I eat well enough to really gain weight. Having researched many of the supplements available to

assist with weight gain they seem to contain Tribulus, which is an element of testosterone as far as I understand, which I fear will mess with my hormones, and I don't want that. Can you recommend any supplements that can help me gain weight that are safe for women? Every ad for supplements in your mag is always focused on fat burning and losing weight. If you could focus on us 'skinnies' for a change and offer some advice on body transformation, health and fitness it would really be awesome! *Wilanda*

MASS BUILDERS ARE CALORIE-DENSE, PROTEIN-RICH SUPPLEMENTS THAT OFTEN SUPPLY AS MUCH AS 500 CALORIES PER SERVING. TRY ADDING HEALTHY CALORIES SUCH AS YOGHURT, NATURAL NUT BUTTERS, COCONUT OIL, NUTS AND BANANAS



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to a decent serving of protein (> 30g) mass builder shakes have added carbs and nutrients. Blending each serving with healthy calorie- and nutrient-dense foods such as yoghurt, natural nut butters, coconut oil, honey, nuts and bananas, to name a few, is a great way to add additional calories and enhance taste.

I would also suggest you consider supplementing with a creatine supplement, which will further support lean muscle gain and, subsequently, healthy weight gain. Some first-time users report as much as a 5kg gain in bodyweight in as little as two or three weeks. Take 2-3g (1tsp) with breakfast and your post-exercise shakes. Use creatine in cycles of 8-10 weeks 'on' and four weeks 'off'. Two final tips – never miss breakfast nor neglect to take a post-workout shake, preferably your mass builder product after exercise.

Lastly, let me allay your fears over the use of Tribulus terrestris which is a natural compound derived from a weed. It is used by bodybuilders to help increase their natural testosterone production, a hormone that is also present in females but in much lower levels than that of males. There are numerous benefits to increased testosterone production, not least of which is increased muscle mass, strength and vitality. As long as you are not introducing exogenous testosterone into your body you should not experience adverse effects on your hormonal balance. If you are still concerned there are products on the market that do not contain this natural substance.

There is really only one way for you to gain weight.

You have got to increase your caloric intake and if you are relying on whole foods alone this can prove difficult.

In such instances it can be highly beneficial for someone with a fast metabolism like yours to add a 'mass builder' shake to your daily diet. Consuming 1-2 servings per day over and above your current food intake should do the trick. Mass builders are calorie-dense, protein-rich supplements that often supply as much as 500 calories per serving. In addition

Q Post-pregnancy weight problem

I'm a mother of a five-month-old baby boy and struggling to lose weight, even though I'm still breastfeeding. I've heard that cabbage soup can help but I'm not sure that I can have it while breastfeeding. Are there any supplements that I can drink without harming the baby? Please help! *Joyce Ranta*




Congratulations on the birth of your baby. There is no problem with consuming cabbage soup while you are breastfeeding.

I would, however, not be advocating an over-reliance on cabbage soup (or any particular food source for that matter) as a dietary approach to reduce caloric intake and reduce bodyweight. I would much rather see you adopting a more balanced diet, one that is low in sugar, moderate in carbohydrates, low in saturated fat but rich in polyunsaturated essential fats such as omega-3s, and loads of fresh vegetables, fruits and salads. And don't forget to consume healthy protein from sources such as fish, ostrich, dairy, beef and chicken. This will ensure that you and your baby are getting all the nutrients you need to thrive.

As for supplements, while breastfeeding you should, generally speaking, have no problem with pure protein powders such

as whey protein and most meal replacement powders (MRPs), which are typically formulated with whole food ingredients like dairy proteins, naturally-derived carbohydrates, and vitamins and minerals. In addition, you should have no problem supplementing with CLA, Carnitine and fish oil soft gels (EFAs), all of which should support your fat loss goals and provide health benefits to both you and the baby. Stay away from stimulant-based supplements such as thermogenic fat burners, metabolism boosters, NO boosters or other stimulants, and appetite suppressants. Be sure to read the labels of any product you intend to purchase, even the MRPs, to ensure that none of these substances have been included.

As a final word of advice, if you are ever unsure of a certain product, give the manufacturer a call and ask to speak to their technical manager. He/she should be in a position to provide any reassurance that you might need.

Ed note: It is also important to bear in mind that this is an important time in the development of your growing baby. Now is not the time for extreme weight loss. A well-balanced, calorie-controlled diet would be best to halt any additional weight gain, and slowly start to reverse your weight gain from the energy demands your body is under during breastfeeding. I would therefore recommend a visit to a registered dietician who specialises in post-natal nutrition. They can give you the guidance you need to make the best decisions for your ultimate health and that of your baby. Once you have weaned your child onto healthy whole food you can give your body and weight loss more focused attention. 

CONSUME HEALTHY PROTEIN FROM SOURCES SUCH AS FISH, OSTRICH, DAIRY, BEEF AND CHICKEN.



Rather adopt a more balanced diet, one that is low in sugar, moderate in carbohydrates, low in saturated fat but rich in polyunsaturated essential fats such as omega-3s, and loads of fresh vegetables, fruits and salads.

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you to be more active. With an eight-month battery life, it features a lightweight design, a PVD-coated watch case and a smooth silicone watch strap for ultimate comfort and durability, which is perfect for swimming.



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FIT TECH

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The re-designed Razer Nabu includes a change in the placement of the button for a more intuitive user experience, and both the Nabu and Nabu X will receive major updates through a new companion app for iOS and Android devices.

The new app delivers a clearer picture of a user's daily activity, as well as advanced auto-sleep tracking algorithms, among other new features. Users can still view fitness tracking and smartphone notifications directly on their wrist via the device's OLED screen. Current Nabu X users can download the beta version of the companion app at www.razerzone.com/nabu-x. Unique band-to-band communication technology is also built in to the Razer Nabu.

To find out more visit
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Garmin device at the end of a session and send real-time heart rate to the watch when the monitor is out of the water. The HRM-Tri can also provide advanced running dynamics, including cadence, vertical oscillation and ground contact time, with a battery that lasts up to 10 months. The HRM-Swim lasts up to 18 months.

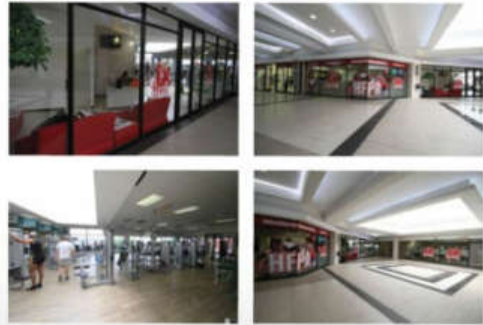


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health from the
inside out by
focusing on what
you eat.



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glows it's important to do
more than merely apply
products to the surface.**

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than just improve the
condition of your skin cells.
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nasty skin conditions as
your skin is often tasked
with eliminating extra toxins
when the liver and colon are
overloaded when trying to
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orange or red fruit and vegetables.
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Copper: Boosts skin elasticity to
support enhanced skin structure.
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beans and peas.

Essential fatty acids: Omega-3 fatty acids
bolster the structural integrity of skin cells,
help to reduce inflammation, and regulate
the production of hormones that can cause
breakouts. Eat more fatty fish, soybeans,
and flaxseeds.

Niacin: Helps to improve dry, flaky skin. Found
in meat, pork, poultry, fish, and legumes.

Vitamin A: Helps to form new cells, and repairs
damaged tissue. Eat more vegetables that are
dark orange or dark green in colour.

Vitamin E: Keeps skin moisturised to prevent
damage and wrinkles. Rich sources include nuts,
olives, vegetables, whole grains, seeds
and avocados.

Zinc: Helps control excess oil production by
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AN EXCLUSIVE LOOK AT
ASHLEIGH FROST'S
WEEKLY TRAINING
ROUTINE AND DIET

HER DAILY DIET

"I have found that my body responds well to a diet that is higher in healthy fats, with a low starchy carb intake. This might not necessarily work for everyone. You will need to find what works best for your metabolism and genetics," cautions Ashleigh.

MEAL 1:

50g oats,
6 egg whites,
15g (1 tbsp) almond
nut butter.

MEAL 2:

100g chicken breast,
60g sweet potato,
120g green beans,
1 Granny Smith apple.

MEAL 3:

100g chicken breast,
Half an avocado (60g),
100g cucumber.

MEAL 4:

120g salmon,
150g green beans.

MEAL 5:

120g chicken breast,
150g broccoli.

MEAL 6:

120g chicken or 6 egg white
omelette,
100g mixed veg or 120g
cauliflower.

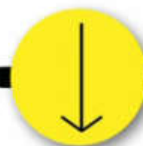
"I use salt and other spices in my cooking, and have about a tablespoon of sauces – either tomato sauce or Steers BBQ sauce – with my meals. I drink about three litres of water a day and keep the coffee to a maximum of four cups a day," she continues.

She explains that during the off season she tries to adhere to the 80/20 principle.

"Due to my problem with hypoglycaemia I have to eat clean and regularly to maintain my health. As such, from Monday to Friday I stick to a clean diet, and then take it easy on the weekends. However, I don't overdo it. This is definitely a lifestyle-focused way of eating rather than just a trend or a phase. My health depends on it and I love feeling good."



Cover and lead photo by James Patrick jamespatrick.com
Workout photo by Richard Cook www.richardcook.co.za



ashleigh FROST

HER WEIGHT TRAINING:

I work very closely with my coach, WBFF trainer of the year in 2014 and 2015, **Nathan Harewood**. We always train with a goal, whether it be pre-season or competition prep. The programme I'm going to share

with you is a mixture of some of the things I have done in the last 18 months. We would generally consider this as 'off-season' training as I do these exercises more than 12 weeks out from a show," explains Ashleigh.

MONDAY AND FRIDAY: LEGS

EXERCISE	SETS	REPS	WEIGHT*
Single-leg leg press	4	20 per leg	20kg per side
Cross lunge	4	15 per side	5kg dumbbells
Sumo deadlift	4	12	50kg
Leg curl	3	20	25kg
Smith machine plie squat	3	1 min each side	10kg
Bulgarian split squat	4	12 per leg	25kg

TUESDAY: SHOULDERS

EXERCISE	SETS	REPS	WEIGHT*
Dumbbell shoulder press (palms in)	4	12	10kg dumbbells
Seated rear fly <i>super-setted</i>	4	12	5kg dumbbells
<i>with</i> plate front raise	4	12	10kg plate
Overhead fly	4	6	6kg
Upright row	3	15	15kg plate
Cable lateral raise	3	15	7.5kg per side
Bench dip	3	To failure	Bodyweight

WEDNESDAY: FULL BODY PLYOMETRICS

EXERCISE	SETS	REPS
Jump squat	4	45 seconds
Lateral raise	4	1 minute
Jump lunge	4	1 minute
Weighted burpee	4	1 minute
Plank	4	2 minutes

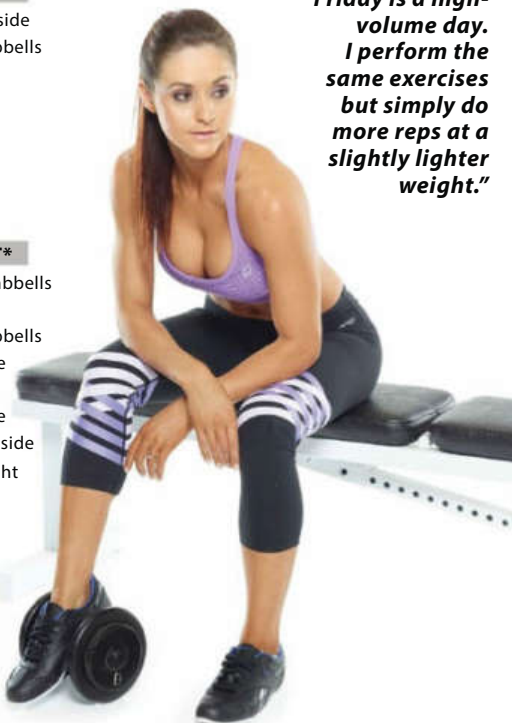
Perform each exercise directly after the other to complete a round. Complete 4 rounds.

THURSDAY: BACK

EXERCISE	SETS	REPS	WEIGHT*
Wide grip pulldown	6	8	40kg
Chin-up	3	To failure	Bodyweight
Straight arm pulldown	3	15	10kg
Seated low pulley row	4	8	45kg
Hyperextension	3	25	Bodyweight
Barbell rollout	4	15	Bodyweight

SATURDAY: CARDIO AND CALVES

EXERCISE	SETS	REPS	WEIGHT*
Toe press on leg press	6	25	40kg a side
Standing calf raise	4	20	50kg
Single-leg standing calf raise	3	20	Bodyweight



Ashleigh explains:
"Friday is a high-volume day. I perform the same exercises but simply do more reps at a slightly lighter weight."

THE CARDIO COMPONENT

Ashleigh's cardio consists of either interval running and sprints on a treadmill, along with incline walking at various speeds and inclines, or the stepper.

"I try to stay as fit as I can, even during

the 'off season' by doing cardio. I do this because I enjoy being functionally fit for daily life, and it also means that it's not a major struggle to get back into my cardio once serious contest prep starts," she says.

Cardio: 30 minutes Foam rolling and stretching as well as weak point training.

HER SUPPLEMENT PLAN

Ashleigh admits she typically doesn't use too many supplements because of her hypoglycaemia as many products contain sugar and can sometimes wreak havoc with her energy levels. "I am therefore selective about what I use. Sometimes I will try a pre-workout if I need a boost. I love Nuclear X by Met-Rx as well as USN Hyperdrive. Otherwise I have a strong cup of black coffee right before I train, and half a grapefruit which helps to regulate my blood sugar levels."

After a workout Ashleigh uses the USN Ultra Premium Whey Isolate, with some added glutamine and oats. "I also take BCAAs as an intra-workout supplement. I use USN's BCAA Amino Gro or Amino Lean. My husband Stian and I are in the process of trying out USN's range of products at the moment and we're both loving their efficacy and impact. I also make sure that I supplement my whole food diet with extras such as MSM for joint health and additional B vitamins to ensure I replenish the important nutrients and vitamins that my active lifestyle depletes."

WBFF pro Diva Bikini Model, Ashleigh Frost capped off a stellar year on the international competitive stage by placing a credible fourth at the 2015 WBFF World Championships, held in Las Vegas in August. This comes after her breakthrough win at the WBFF Montreal Pro-Am in April. While she narrowly missed her goal of a podium position at Worlds, she was the standout performer among all South African pro athletes on the night with the best result among both the men and women.



Sizzling fitness fashion trends

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WHEN A FITNESS-FOCUSED LIFESTYLE BECOMES A TRADE OFF BETWEEN LOOKING GOOD AND BEING HEALTHY

BY DANI WATERSTON, MA (Research Psychology), BA (Hons) Psychology, and Consulting Nutritionist

DYING TO LOOK GOOD

When trolling through the Internet you'll find many resources on how to achieve 'the perfect body' with either the 'perfect body diet' or the 'perfect body training plan'. Yet, there is often no explanation as to what defines the 'perfect body'.

One thing that constantly pops up though is how the female form has metamorphosed over the years, or rather how the perception has changed of what the female form should look like to be socially acceptable. Right now it is popular culture and society at large that dictates what the perfect body should look like.

Popular stereotypes suggest that we should all be striving to achieve this idealistic version of ourselves. We are then constantly reminded that we – those of

us who make up the bulk of society (yes, ironic, isn't it?) – are inadequate; that we're below average which is simply not good enough.

Ultimately the perception of the perfect body is a convoluted muddle of confusion, irrationalities and contradictions. However, many of us will do seemingly anything and everything to reach that ideal, no matter the cost. We manipulate ourselves, both mentally and physically, to reach this often unattainable ideal. And then, those who reach this point find that this illusive form of perfection can only be attained and maintained at the expense of their health and wellbeing.

As such, chasing the perfect body often becomes a trade-off between aesthetics and health. There is a fine line between the two, one that many feel they need to cross. But what, exactly, are the consequences of doing so?

IS STRONG THE NEW SKINNY?

Ten to fifteen years ago the 'ideal' body was that of a tall, painfully thin model.

This led some to restrict their eating and over-exercise to attain this sought-after physical appearance. As a result, eating disorders such as anorexia and



bulimia grew in prominence.

Then, more recently, there was a significant shift from this ideal to a new, more wholesome stereotype; that of 'strong is the new skinny'. Although this shift from the frail frame to the muscular, fit physique seemed to be positive, this too has evolved to become an obsessive approach to a seemingly 'healthy' lifestyle for many.

There are many culprits that have facilitated the rise of this new phenomenon. A significant influence appears to have come from the once niched fitness industry, with a message that has grown in prominence through the power of social media. That message? Those who fail to achieve this new ideal are deemed unhealthy, lazy and uncommitted, while those who conform are seen as dedicated

and committed, and somehow superior to the rest.

However, there is a significant difference between looking fit and healthy and actually being fit and healthy. In many cases, perfection may just be an illusion because the more we do to be the best version of ourselves, the more fixated and obsessed we can become in our pursuit of the ultimate goal. This is where the fine line between appearing healthy and actually being healthy becomes most apparent.

Exercise and leading a healthy lifestyle should better one's quality of life and wellbeing, not hinder it. Yet many 'dedicated' individuals will sacrifice this quality to appear as the epitome of health and fitness.

{ MANY OF US WILL DO SEEMINGLY ANYTHING AND EVERYTHING TO REACH THAT IDEAL, NO MATTER THE COST. }

FITNESS COMPETITIONS: THE ILLUSION IS REAL

An article written by the Mayo Clinic explains that exercise and physical activity are great ways to improve mood and feel better, while also delivering numerous health benefits and a good dose of fun. However, many individuals use exercise and 'healthy' eating as a way to control and manipulate their physique to the extent where it becomes maladaptive, even downright unhealthy.

Does this then mean that someone who is 'healthily-unhealthy' will feel worse, lose the health benefits and not have fun? In most cases the answer is yes because following a healthy and fitness-focused lifestyle doesn't necessarily equate to holistic health.

Locally, fitness competitions have gained widespread popularity over the past few years. For some being a fitness model or competitor has become their ultimate goal. They therefore diet and train for a period of time to achieve the desired level of conditioning needed to be in stage-ready shape.

While the main objective of these competitors is to create the appearance of the perfectly svelte and fit ideal that everyone aspires to, the truth of the matter is that some of these ladies end up standing on stage in the unhealthiest state they have ever been in.

Many of these 'athletes' (I use this term loosely as not all competitors can be considered athletes) have been on restricted diets for at least 12 weeks, if not more. They have been training at least twice a day, six to seven days a week. They incorporate a multitude of supplements in their nutritional approach, including stimulant-based thermogenic fat burners to reduce their body fat to very low levels while still maintaining or even adding muscle mass to achieve a 'fuller' physique. And it is certainly no secret that certain individuals also dabble in the use of chemicals and other banned performance-enhancing substances to achieve this outcome.

What this means on a basic physiological level is that their adrenaline levels remain consistently elevated. This places



THERE IS A LEVEL OF ADMIRATION WARRANTED FOR THE DEGREE OF SELF-SACRIFICE, DISCIPLINE AND COMMITMENT NEEDED TO ATTAIN THIS LEVEL OF CONDITIONING OVER A PERIOD.

them on a constant 'alert mode' and, as a result, their heart rates remain elevated along with their blood pressure. The extremes that some of these individuals go to in order to achieve their goal is quite unbelievable.

Indeed, there is a level of admiration and appreciation warranted for the degree of self-sacrifice, discipline and commitment needed to attain this level of conditioning over a period of three

or more months. There is also the respect that is shown towards anyone who accomplishes a goal. However, what is so often ignored are the consequences of this process; the aspect of this so-called healthy lifestyle that never makes it onto social media; the dark side of our lust for the ultimate physique that is hidden behind smiling faces, custom bikinis and rippling muscles on stage.

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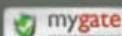
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PROTEINS

MYTH BUSTED

ILL-ADVISED APPROACHES TO GETTING 'STAGE-READY' INCLUDE EXTREME PRACTICES SUCH AS:

WATER LOADING DRINKING UP TO 10 LITRES OF WATER A DAY; WATER DROPPING PURPOSEFULLY DEHYDRATING ONESELF TO ENHANCE THE APPEARANCE OF MUSCLE, REDUCE OVERALL SIZE FOR BETTER PROPORTIONS, OR TO MAKE A WEIGHT CLASS.

THE HARD TRUTH

Just a few of the more ill-advised approaches to getting 'stage-ready' include extreme practices such as water loading – drinking up to 10 litres of water a day; water dropping – purposefully dehydrating oneself to enhance the appearance of muscle, reduce overall size for better proportions, or to make a weight class.

And then there is the post-competition binge, which can often lead to weeks or even months of poor, uncontrolled eating habits that will most likely result in excessive weight gain, and a slew of depressive symptoms.

It is not healthful, nourishing, beneficial or even admirable to take such drastic measures to achieve this type of physique. Unfortunately, like all avenues of human endeavour, there will always be individuals who are happy to go these lengths, for whatever reason, be it personal accomplishment or the approval of others. And I highlight these specific factors due to the common misconception in broader society that many of the ladies who stand on stage in the condition they do are the embodiment of health, vitality and wellbeing.

While I don't wish to generalise and detract from the efforts and hard work of the many women who compete, and do so without compromising their health, the reality is that these contests rate competitors according to their outward appearance. Those who meet a stipulated ideal in terms of body shape, symmetry, muscle size, tone, and attractiveness will win. However, true, lasting, meaningful health is more than skin deep.

These extreme versions of the perfect body can only be attained a few times a year, and only for short periods of time. Any longer or more often and the body would shut down. It's an extreme process where our desire for perfect aesthetics is in direct conflict with what our bodies need to remain healthy and function optimally.

That said, it's not just the physique-oriented who fall victim to extreme compulsions. The focus of most other sporting codes is on performance rather than the enhancement of physical attributes. CrossFit and powerlifting, for instance, are two sports that are

These individuals can become too dedicated; too single minded; too extreme in their approach, which then results in behaviour that borders on the obsessive.

focused on strength and output rather than aesthetics. To achieve success, competitors in either discipline will generally fuel their bodies with wholesome, nutritious food. They'll train seriously and systematically to increase strength and performance over time. And much like those who participate in fitness competitions, this level of dedication and their constant progression is often viewed as an admirable trait.

However, these individuals can become too dedicated; too single minded; too extreme in their approach, which then results in behaviour that borders on the obsessive. This is when the healthy pursuits such as powerlifting and CrossFit, or even running, cycling or triathlon, all fall into the 'unhealthily-healthy' category, and may also lead to other detrimental practices such as substance abuse or extreme approaches to diet and exercise.

These physical manifestations of societal beliefs surrounding the body is a temporary fantasy that

is not maintainable at peak levels for prolonged periods of time. In a journal written by Evans (2003), it is stated that not only is the 'perfect body' an ideal that we all need to reach in order to be accepted by society, but it too is symbolic of success and happiness. Society is fixated on the perfect form as it represents far more than just health. As mentioned above, it is synonymous with other ideals which are representative of power, victory and perfection. There is a fine balance between achieving the best, being the best, and living the best type of life – a life that is balanced and representative of healthy living. Anything that tips over to either side of the spectrum for too long is extreme and unsustainable.

It is a sad irony that many who embody the ideals of the current fitness industry; those so many of us aspire to emulate as they symbolise the modern ideal of health, wellness, strength and fitness, often lack most of these traits. **1**

Social media has played a massive role in sculpting the ideal stereotype of what is acceptable and what is not.

However, without context or a deeper understanding of what it has taken to achieve single-digit body fat percentages, six-pack abs, and what the implications are when trying to maintain those levels, many ill-informed and unsuspecting individuals within broader society are being sold an impossible ideal.

We all want to be the best version of ourselves, but it is important to understand that

this is unique to everyone, and that your outward appearance should never take precedence over your health and wellbeing.



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PART 2

FIT FOR LIFE

*Create a fit,
strong body
to become a
super-mom
to your new
arrival*

Following the first instalment on this 'fit for life' series, which appeared in the September/October issue of *fitness* mag, qualified prenatal exercise specialist and personal trainer, Giorgina Slotar, shares her tips on the optimal approach to a healthy lifestyle following the birth of your child.

GIORGINA
WITH BABY
JORDAN

WRITTEN BY Giorgina Slotar, Clinical Nutritionist (Intl. Grad. Dip. Clinical Nutrition, Australia), pre- and post-natal exercise specialist (American Fitness Professionals Association) and qualified personal trainer (HFPA)
IMAGES BY Catherine Basson Photography
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AFTER PREGNANCY

Hopefully your little one has arrived on time without any complications, which would mean you've finally been able to put a face to the precious little bean that has been growing and moving inside you for the last nine months.

Amidst all the joy, happiness and excitement this can also be an uncertain and overwhelming time, particularly if you're a first-time mom. Many women will also go through an emotional patch immediately after birth, or just before their milk comes in which can be 2-5 days postpartum. This is a physiological response (not a psychological one) that appears to be tied to a sudden decrease in the brain chemical dopamine, which happens immediately before milk let-down. It is known as dysphoric milk ejection reflex, or D-MER.

The initial few months with baby

can also be exhausting, so you need to go easy on yourself. Finding your feet and a new routine with baby will take time, so this is when it's particularly important to minimise all external pressures and focus on getting to know this tiny new person. Putting pressure on yourself to be a super-mom, get back to gym and have a freshly made casserole

in the oven by the end of each day will only drive you and everyone around you crazy.

However, the time and effort you put into preparing yourself before and during your pregnancy will start to pay off during this period. Not only will you recover from

the birthing process faster, whether you had a natural birth or Caesarean delivery,

THIS IS THE TIME TO MINIMISE ALL EXTERNAL PRESSURES AND FOCUS ON GETTING TO KNOW THIS TINY NEW PERSON.



Getting into shape prior to pregnancy and keeping up your training regimen will help you get back into shape quicker after you have had your baby.

but you'll also feel stronger in general and more physically able to deal with the new role of being a mom. Even though you won't be ready for exercise at this stage as your body needs to recover, especially if you had surgery, this does not mean that you can't do small pelvic floor movements to reengage those muscles.

DO THIS DAILY

How to perform a pelvic tilt:

Lie flat on your back with your knees bent, feet on the ground and relax your spine. There will be a space between the floor and your lower back. Inhale deeply, pressing the small of your back against the floor as you tilt your pelvis toward your belly button. Perform a Kegel – a contraction of your pelvic floor – at the same time. You should not feel all your abdominals working as this is a very specific, isolated movement. Exhale and repeat. Continue the exercise and repeat 10 times. Do pelvic tilt exercises several times throughout the day.

Keeping up a healthy, well-balanced diet throughout the nine months will offer you a huge advantage postpartum because of your body's ability to recognise healthy habits and bounce back thanks to muscle memory.



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Getting your body back and to its healthiest state should be a gradual process. Amidst all the joy this can be an overwhelming time, so go easy on yourself.

GETTING BACK ON TRACK

After a minimum of four weeks following natural birth, or up to six weeks if you had a Caesarean or episiotomy, or once your doctor has cleared you for exercise, you can slowly start to get your training back on track.

Bear in mind that for three months postpartum the hormone relaxin remains in your body. Therefore, one needs to train with the same principles from your third trimester in mind – keeping all movements mostly bilateral (both feet used together), as your pelvic region is still unstable and will need to mend. However, you are now able to lie on your back as your baby is, at long last, out of your belly.



For the next 3 months all movements should mostly be bilateral.



MUSCLE MEMORY

Once you have re-established an exercise routine you will feel the effects of muscle memory start to kick in.

When you teach your body how to do something such as riding a bike or running it creates a physiological 'blueprint'. So, even if you take some time off, you'll get back to where you were faster than it took you to learn the exercise or movement pattern in the first place.

This muscle memory stems from the development of neuromuscular pathways during the periods when you learnt to perform a task or movement and then became more proficient at it. As such, movement patterns are more efficient when you restart the activity, which accelerates your return to your previous

level of conditioning or performance.

Sure, the time taken off from exercise during pregnancy, coupled with the fact that your training intensities during that time were lower, will mean you'll huff and puff initially, and that you might feel a few aches as your body gets back into the swing of things, but if you have a solid history of training behind you your level of discomfort will be a lot more manageable.



Initially you will huff and puff and you might feel aches as your body gets back into its normal exercise routine. But if you have a solid history of training behind you, you will soon feel your muscles firm up again.

MORE THAN PHYSICAL

Having established the health and physical benefits of exercising before, during and after your pregnancy, it is also important to deal with the mental, emotional and spiritual elements of your postpartum recovery as this will enable you to be a better mom.

It is important to give yourself a break, be it to escape feeling like a dairy cow being milked for the umpteenth time, or simply taking an hour to reconnect with yourself. Once you're at a stage where you're happy to leave your baby with hubby, the nanny or your mom for an hour, reclaiming a little 'me' time is simply a must!

Even on the days that you're exhausted, it still helps to get yourself together and exert some energy. I find that energy attracts energy, so even if it means taking a relatively low intensity walk, you tend to feel better for doing so afterwards and have greater energy than if you hadn't exercised at all. In the same breath you need to be able to gauge between simply feeling tired or really being run down. If you have had a run of bad nights and are simply feeling like road kill it is never wise to push yourself to train and put your body under more stress. You cannot afford to get sick as a new mom. Get to know your body and its signals to be able to decipher between needing a day to rest or an excuse to hit the gym.

When it comes to getting back into exercise and finding the time for it as a new



mom the best thing to do is to make it an important priority on your to-do list, even if this means writing it in your diary as an appointment and sticking to it. On the days that it becomes impossible to get to the gym or find someone to look after your little one, take the stroller and go for a nice brisk walk, or hit one of the many home workout routines published in previous issues of **fitness** mag. Investing in a few pieces of home gym equipment is also a good idea (check out the feature on sandbag training in this issue, on page 50). It always helps to have a back-up plan in mind for the days when things don't go according to plan, which can be often as a new mom.

Alternatively, to encourage you to train and avoid skipping sessions, sign up with a post-pregnancy specialist or biokineticist. You'll also feel more confident having that level of expertise at your disposal as you recover from your biggest physical challenge to date, and work to reconnect with your previous fitness levels. **1**

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SOFT TISSUE MANIPULATION

THE IMPORTANCE OF A PROACTIVE APPROACH TO THE MANAGEMENT OF SOFT TISSUE HEALTH

THERE IS A CHINESE PROVERB THAT SAYS: "WHEN THERE IS NO MOVEMENT, THERE IS PAIN. WHEN THERE IS MOVEMENT, THERE IS NO PAIN." It seems simple enough but it is sage advice for most of the people in our society where inactivity, poor diets and sedentary work conditions are the prevailing trends.

As a species we're designed to run across vast distances, to hunt for our food and to defend our tribe from outside conquerors. In today's "modern world" we spend hours in our cars covering vast distances, hunting in shopping aisles and engaging with others via social media. You see, mentally we are adapting to the modern world. Our bodies, however, are a little slow in coming to the party.

Our bodies have been conditioned by millions of years of evolution and slowly and resolutely adapted their structure to fit their function. However, the pace of progression over the last 100 years has necessitated that our bodies adapt quicker than evolution allows.

Back pain, neck pain,

digestive issues, joint pain, and high stress levels (the list goes on) can all be attributed to our modern sedentary lifestyle. The reason for that is our muscles and connective tissue need to be used to prevent these tissues from becoming stiff. When this happens our body structure becomes compromised and therefore so does its functioning, which leads to structural or physiological problems.

As an active individual, athlete or just a general fitness enthusiast, understanding the role of our muscle and connective tissue network within our bodies and how they can be manipulated to resolve issues and restore function will help us improve the way we move in any type of activity.

MYOFASCIAL TISSUE

The myofascial network is a continuous, three-dimensional network that allows our bodies to function holistically and to move in multiple directions. It is the workforce of the central nervous system (CNS) and without a healthy myofascial system your body would not be able to carry out the commands of the CNS.

Another important aspect of this type of connective tissue is that it acts as a force transmitter and disperser. Whether you run, jump, stretch or lift, the fascial network in your body acts as a buffer for the internal forces (exerted by muscle) and external forces (exerted by gravity or contact sports).

If you've ever seen an athlete accelerate in a race or suddenly change direction on the field of play, it's the fascial network that enables that. Even the bodyweight movements of CrossFit or the complex strength exercises executed in the gym are all performed by the body because our connective tissue acts as a force transmitter.

Most top sports people or athletes all put their success down to hard work and practice. The reason for this is the body is trained in repetitive ways, such that movement patterns become almost automatic and are carried out by the subconscious mind. I read with interest about a particular NFL quarterback who said that when he was in his optimal functioning zone, "the game almost plays itself". This is possible because connective

can respond.

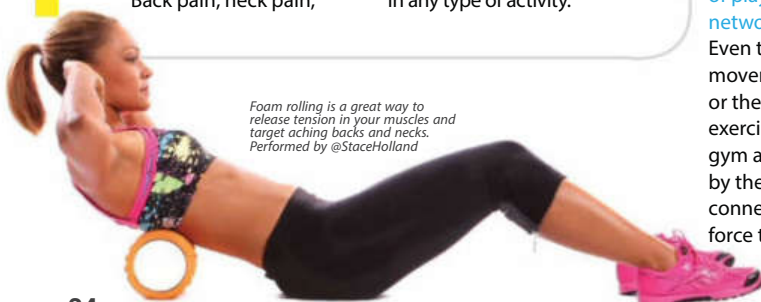
Davis's Law states that soft tissue will remodel itself along lines of stress (Clark, Lucett and Corn 2008). Accordingly, if we, day in and day out, practise a particular movement pattern, the soft tissue in our bodies adapts and becomes stronger in that particular movement. Our muscles grow in response and our fascial network becomes denser and stronger, making us more efficient, powerful or agile, depending on what training we do.

However, this




tissue has 10 times more proprioceptors than muscle and allows us to respond to our environment much quicker than our conscious mind

repetitive training can sometimes make us strong in certain movements but weaker when we venture away from those movement patterns. This is when



Foam rolling is a great way to release tension in your muscles and target aching backs and necks. Performed by @StaceHolland



"OFTEN, ACTIVE PEOPLE CAN HAVE AREAS OF MUSCLE AND NERVE TENSION FROM A POOR WORK POSTURE OR OTHER ACTIVITIES IN THEIR DAILY LIFE THAT ARE NOT DIRECTLY LINKED TO THEIR SPORT OR THEIR EFFORTS IN THE GYM."

adaptation isn't always positive. This can also happen from sitting all day at a desk or living a sedentary lifestyle, for example.

Samantha de Bruin, a registered physiotherapist based at the Rivonia Sports Centre in Morningside Manor, Johannesburg, agrees: "Often, active people can have areas of muscle and nerve tension from a poor work posture or other activities in their daily life that are not directly linked to their sport or their efforts in the gym. One often doesn't feel like they are injured but any form of tension or stress on muscle and other soft tissue from poor posture can affect the body when it comes to exercise."

De Bruin explains that any tension in the body can affect the movement of your muscles, even further down your movement chain. "For example, tightness in your neck from working on a computer all day can cause tightness in your back, which can lead to injury. This is often due to muscle imbalances, where one area is stiffer than another, or a muscle is stronger than another around a joint."

In this context, inactivity could be considered the force that our soft tissue adapts to, including our myofascial network, which leads to biomechanical problems, pain and discomfort. Accordingly, there is a great deal of benefit to regular sessions with a qualified and experienced soft tissue manipulation expert.

A form of soft tissue manipulation that

is rapidly growing in prominence, for all the reasons already stated in this article, is fascial release and realignment. This can be performed by a Bowen therapist, Fascial Manipulation® practitioner, osteopaths, and certified Rolfers®.

MUSCLES

However, De Bruin explains that the term 'soft tissue manipulation' is quite broad in the wider health and fitness community, and is often used to describe quite a few different treatment techniques.

"Most people will know the basic ones, such as deep tissue massage and stretching, but there are other important techniques that can be used during a treatment. These include trigger point therapy, where pressure is applied directly on a trigger point or muscle 'knot' and is sustained for a period of time until that muscle starts to release."

Other techniques that can be used are cross friction, active release techniques and muscle energy techniques. According to De Bruin, the best treatment often involves a combination of techniques.

She elaborates that, much like myofascial release and realignment, more direct muscle tissue manipulation techniques aim "to enable the muscles in your body to work in the most effective manner to reduce the risk of injury and enhance performance. These techniques also help to stimulate circulation, which increases oxygenation and blood flow to muscles. This also helps to remove waste and toxins. This is important for a faster recovery."

THE DIFFERENT TECHNIQUES

MYOFASCIAL RELEASE A safe and effective physical and manual technique that involves applying gentle, sustained pressure into muscular (myo) and fascial connective tissue restrictions to eliminate pain and restore motion.

CROSS FRICTION MASSAGE A form of deep tissue massage applied transversely to the specific tissue involved. It aims to maintain mobility within the soft tissue structures of ligament, tendon, and muscle and prevent adherent scars from forming.

TRIGGER POINT MASSAGE A form of physical therapy specifically designed to alleviate the source of the pain through cycles of isolated pressure and release.

ACTIVE RELEASE TECHNIQUE (ART)

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MUSCLE ENERGY TECHNIQUES A direct and active manual therapy technique that engages a restrictive barrier and requires the patient's participation for maximal effect, aimed at improving musculoskeletal function and alleviating pain.

"DIRECT MUSCLE TISSUE MANIPULATION TECHNIQUES AIM TO ENABLE THE MUSCLES IN YOUR BODY TO WORK IN THE MOST EFFECTIVE MANNER TO REDUCE THE RISK OF INJURY AND ENHANCE PERFORMANCE."

"SOFT TISSUE MANIPULATION HAS A REFLEX EFFECT WHICH HELPS THE TISSUES TO RELAX AND REDUCES PAIN AND STIFFNESS. IT ALSO RELEASES ENDORPHINS, WHICH HAVE THE SAME EFFECT."

Joint misalignment, poor movement patterns, overload and stress, direct or indirect trauma and soft tissue injuries can also lead to adhesions and the build-up of scar tissue, which is what creates so-called 'trigger points'.

"These direct manipulation techniques help to break up fibrosis and adhesions – the trigger points and 'knots' that develop in the muscle belly –

which help to improve the flexibility and elasticity of the tissue. When combined with stretching, which will increase your range of movement, you will develop a strong flexible muscle that is less prone to injury and is better able to work at its optimal workload."

In addition, soft tissue manipulation also stimulates the nerve receptors in the tissue that control tension, says De Bruin. "It has a reflex

effect which helps the tissues to relax and reduces pain and stiffness. It also releases endorphins, which have the same effect."

In terms of the frequency of treatment, De Bruin believes it all depends on the individual. "There are so many factors to take into consideration which is why it is normally at the discretion of the treating therapist based on how things look and feel."

SHE SUGGESTS THAT THE FOLLOWING FACTORS ARE CONSIDERED WHEN MANAGING AND MAINTAINING OPTIMAL HEALTH:

- **Training methods** – How often are you training? How hectic is your schedule? For example, are you gyming daily, doing light training or heavy weights? Or are you training for a marathon in a short period of time? Do you do the same exercise all the time or are you mixing it up?
- **Pre- and post-training routines** – Do you warm up and cool down? Are you walking out the door and going into a full run or do you walk or jog initially beforehand? While there is some debate around the ideal warm-up it is important to never exercise a cold muscle as they are less flexible and there is a higher risk of injury. Stretching after a workout is also important for all the reasons already stated.

"My recommendation is at least one session a week in high training periods, once a month for maintenance if there is chronic tension, and at least once every 3 – 4 months to relax tight muscles," she concludes.



MIND MUSCLE CONNECTION

If that is not sufficient reason for you to consider a more proactive approach to soft tissue manipulation, there is now a growing body of research that shows how connective tissue holds and stores emotion.

R. Louis Shultz and Rosemary Feittis discuss how the body holds emotion in their book *The Endless Web: Fascial Anatomy and Physical Reality* (North Atlantic 1996). They say: "The fascia is the emotional body... Ideally, feelings are felt in the total body – emotions travel through the fascial web. We then interpret the physiological sensation as anger, affection, love, interest and so forth... The reason your neck can't straighten and lengthen may be because of the shock of being continually bullied in childhood. Physical work will only partially open that problem unless there is recognition that there may be an emotional origin."

So, having healthy connective

tissue can also be linked to having a healthy mind. However, the most important point here is that if you are underperforming physically then changes in your training regimen are not as important as making a particular mind shift.

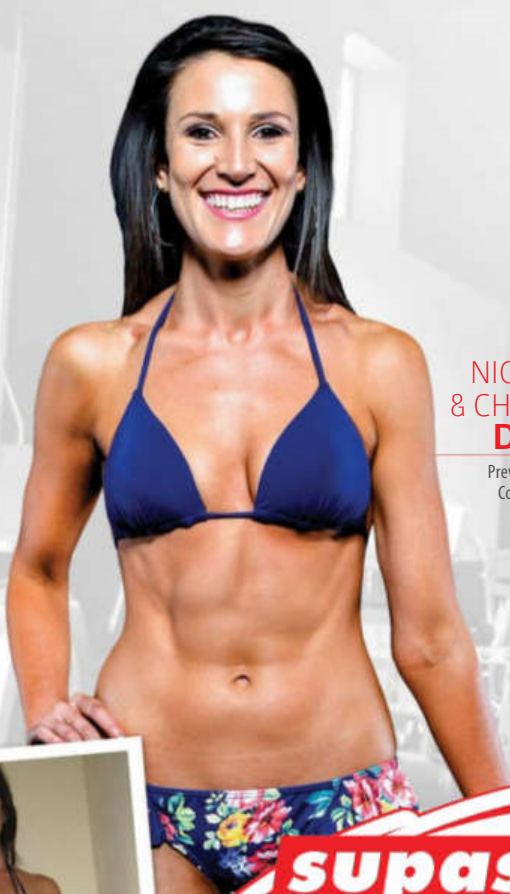
Derrick Price, a trainer from the California University of Pennsylvania, says: "The more we learn about our connective tissue, the more we can integrate it with the other systems of the body (muscular, nervous, skeletal) and gain further insight into human movement and performance."

Furthermore, Andrew Taylor Still, the founder of modern Osteopathy, believed that "knowledge of the universal extent of the fascia is imperative, and is one of the greatest aids to the person who seeks the cause of disease".

Having fully functioning soft tissue, particularly connective tissue with healthy tone, is therefore vital, not only for optimal health and physical prowess, but for emotional and mental performance too. **1**



ABOUT THE AUTHOR: Sean Johnson is the owner of the Centre for Structural Medicine based in Randburg, Johannesburg. He has played provincial rugby at senior level in South Africa and in Australia. Having suffered a career-threatening herniated disc in his lower back, he found an appreciation for alternative medical approaches with regard to rehab and sporting performance. The Centre for Structural Medicine offers a holistic approach in restoring the relationship between structure and function in the body. Email him at sean@structuralmedicine.co.za or have a look at www.structuralmedicine.co.za.



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IT'S TIME FOR EGG YOLKS TO MAKE A WELCOME RETURN TO THE BREAKFAST TABLE

BY PEDRO VAN GAALEN, Managing Editor

THE CURIOUS CASE OF CHOLESTEROL

A MIDST ALL THE FERVENT DEBATE ABOUT THE EFFECT THAT LOW-CARB, HIGH FAT (LCHF) EATING HAS ON DIABETES, INSULIN RESISTANCE AND, CONSEQUENTLY, WEIGHT LOSS, A CONCURRENT DISCUSSION RAGES ON REGARDING CHOLESTEROL.

While there are numerous questions and concerns being raised about the effects that the LCHF diet has on cholesterol, particularly when adherents consume so much saturated fat, these discussions have also helped to reframe the important role cholesterol plays in the human body.

A lot of what we knew about this important substance has changed thanks to the efforts of people like Gary Taubes, Dr. Bill Lagakos, Ann Childers MD, Nina Teicholz and our own Prof. Tim Noakes, among others.

THE BASICS

Cholesterol is an essential structural component of every cell membrane in our body, and is therefore required to maintain both the structural integrity of the cell membrane, and movement in and out of the cell through this membrane. Cholesterol is also an important precursor for the biosynthesis of steroid hormones, bile acids and vitamin D.

The body produces about 75-90% (the figure varies according to different sources) of its required cholesterol in the liver. Accordingly, a limited amount of ingested cholesterol is required to make up the difference.

As cholesterol is oil-based and therefore immiscible in blood (it is a hydrophobic substance which means that it cannot dissolve in water) it is transported in the bloodstream by lipoproteins, namely low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

Before delving deeper into the debate, it is worth noting that it is not just cholesterol itself that is necessarily good or bad, but rather these carrier proteins that have been linked to cardiovascular disease.

WHAT WE THOUGHT WE KNEW...

In the past we have lumped cholesterol into one of two groups – 'bad' LDL cholesterol or 'good' HDL cholesterol.

High levels of LDL have long been associated with an increased risk of cardiovascular disease and certain cancers, with recent reports also linking it to brain disorders such as Alzheimer's and dementia. 'Good' HDL cholesterol, on the other hand, is deemed as such due to the fact that this form is carried away from the arteries to the liver and gut, where it is metabolised and excreted.

It was also thought that an increase of diet-derived cholesterol raised circulating cholesterol above recommended levels, thereby increasing a person's risk of things like coronary heart disease and arteriosclerosis. We were therefore told to give cholesterol-rich foods such as eggs, cheese, red meat and shellfish a skip.

Current recommendations are that levels of LDL cholesterol should be less than 3mmol/l (millimoles per litre) and that HDL cholesterol levels should be more than 1mmol/l. Total cholesterol levels are also used as a basic indicator for cardiovascular disease risk, where more is generally considered to be bad for you.

WHAT WE KNOW NOW...

It now seems that we were wrong about cholesterol, in some aspects at least. For starters, we now know that cholesterol is complicated stuff. A basic distinction between 'good' and 'bad' is an oversimplification of a substance that is vital to life, yet still has the ability to negatively affect our health and even cause death.

The scientific and medical communities at large have also been locked in debate about whether ingested cholesterol is the root cause of elevated total cholesterol levels and, more importantly, elevated LDL levels, which are more dangerous, or if an overconsumption of simple carbs, sugar and trans fats, predominantly from processed foods, is to blame. In this regard, recent developments now refute previous thinking around dietary cholesterol. The 2015 Scientific Report of the U.S. Dietary Guidelines Advisory Committee, for instance, stated that "available evidence shows no appreciable relationship between consumption of dietary cholesterol and serum (blood) cholesterol".

More importantly though, a report published in the *Annals of Nutrition and Metabolism* now claims that higher cholesterol does not lead to heart disease and indeed protects against many illnesses, including cancer. The cited research seems to confirm that if you have a high cholesterol level you will live longer, which is an about-turn on conventional wisdom with regard to cholesterol.



CHOLESTEROL-RICH FOODS INCLUDE EGGS, CHEESE, RED MEAT AND SHELLFISH.



Get your cholesterol tested at your local clinic to see if you are in the correct zone.



"Damage to the cardiovascular system seems to occur when LDL cholesterol is deposited in the cells that line major artery walls, and is then oxidised. This seems to happen when high levels of insulin are present."

PARTICLE SIZE

So what then is to blame for the increased risk of cardiovascular disease? Well, according to Prof. Noakes "it's not all about the cholesterol". In fact, he says that high cholesterol is a poor predictor of heart disease risk. "It's vitally important to look at the other risk factors such as triglycerides, insulin, and your carbohydrate status, as well as cholesterol particle size to see what's really happening."

Noakes explains that it is the small LDL particles that are the killers, and it is vitally important to make this distinction as LDL cholesterol, in its various forms, fulfills many vital roles within the body. As such, labelling it all as 'bad' is misleading. For example, certain types of LDL cholesterol transport triglycerides to muscles for energy production, and like HDL, help return cholesterol to the liver so that it can be processed for other functions.

Damage to the cardiovascular system seems to occur when this type of cholesterol is deposited in the wrong places, the most dangerous of which are the cells that line major artery walls, and is then oxidised. This seems to happen under certain conditions, most notably when high levels of insulin are present.

When this happens there is an immediate immune response as the body tries to rid the arteries of these deposits, which is accompanied by inflammation. This may lead to blockages due to a narrowing of the arteries and the formation of plaque, which is what leads to the common cardiovascular conditions of high blood pressure and atherosclerosis, thereby increasing the risk of strokes and heart attacks.

It is therefore important to firstly reduce the total amount of cholesterol being carried in LDL, which is best achieved by increasing the size of each particle, and secondly

to reduce the total number of LDL particles present in the blood. In addition, a higher number of HDL particles, particularly the larger, more mature particles, and higher HDL cholesterol concentrations are important to decrease the risk of cardiovascular disease.

This can be achieved, according to Noakes and other proponents of the LCHF diet, by reducing your carb intake and increasing your fat intake, including saturated fat. "A high fat diet corrects everything," he says. "Your HDL goes up and your triglycerides come down (on the Banting diet), improving your HDL to triglyceride ratio dramatically." That's one of the better predictors of heart attack risk according to Noakes.

However, following this diet means total cholesterol can increase, which is what many within the broader medical and dietetics communities

caution against. But Noakes attributes this increase to a rise in both your HDL and the larger, safer LDL particles.

There does seem to be some degree of individual difference in the response of cholesterol when manipulating your macronutrient ratios in this way. Some people may experience an increase in total cholesterol, while others may find that their measurements head in the opposite direction. The important thing to remember is that an increase in total cholesterol, even LDL cholesterol to some degree, is not as important as it was once thought. It seems that the combination of LDL particle size and the other interrelated factors such as low HDL levels, insulin resistance, a high carb intake and elevated triglyceride levels are what influence cardiovascular risk, not the amount of cholesterol in your diet. So don't throw away those egg yolks at breakfast. Ditching the toast may be a better idea...[f](#)



CHOLESTEROL IS NEEDED TO...

- Produce vitamin D, which we need for strong bones and protection against diseases, including some cancers. Vitamin D is synthesised from cholesterol by the action of sunlight on our skin.
- Create cell membranes, which keeps our cell structures intact and regulates what can pass in and out of cells.
- Produce sex hormones, which include oestrogen, progesterone and testosterone.
- Produce bile, which is needed for the digestion of food.
- Fight infection, as the lipoproteins that carry cholesterol bind to viruses and bacteria and deactivate them.
- Produce synapses, the crucial links between the nerve cells (neurons) in our brains that are essential to transmitting impulses.

"AS OUR UNDERSTANDING OF THESE PROCESSES ADVANCES, SCIENTISTS HAVE ALSO FOUND THAT HDL EFFICIENCY, RATHER THAN TOTAL HDL CONTENT, IS A MORE ACCURATE PREDICTOR OF CARDIOVASCULAR DISEASE RISK."

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According to a new study published in the Endocrine Society's Journal of Clinical Endocrinology & Metabolism, growth hormone (gH) reduces the risk of fractures and helps maintain bone density in postmenopausal women who had osteoporosis.

Good ways to increase gH levels naturally include high-intensity interval training, getting adequate good quality sleep, supplementing with glutamine, L-arginine, L-lysine, melatonin and GABA, eating quality protein sources in your diet, and getting sufficient vitamin D.

MAINTAIN
BONE
DENSITY



HEALTH NEWS

LEPTIN KEY TO 'RUNNER'S HIGH'

Endorphins aren't the only hormones linked to the 'runner's high', according to researchers at the University of Montreal, Canada. Their research, published in the journal Cell Metabolism, shows that levels of the appetite-regulating hormone leptin, which also controls energy metabolism, fall when you run, which makes you hungry. Dopamine is released in response which is what also causes that sought-after 'runner's high'. This research, conducted on genetically modified mice, showed that the leptin-lacking mice ran more than normal mice per day – nearly double – which indicated that lower leptin levels increases motivation to run, and running performance. The research team suggest that this response is linked to a survival mechanism – when food is scarce we will run to look for it.



36%

THE APPROXIMATE PROPORTION OF ADULTS WHO DO NOT ENGAGE IN ANY LEISURE-TIME PHYSICAL ACTIVITY, ACCORDING TO HEALTHY PEOPLE 2020. THIS IS DESPITE THE FACT THAT WALKING MAY BE COMPARABLE TO MORE VIGOROUS EXERCISE IN PREVENTING CARDIOVASCULAR DISEASE.

WALDEN FARMS ZERO CAL PRODUCTS AT XTREME NUTRITION

Local independent supplement retailer Xtreme Nutrition has been announced as the exclusive stockist of the Walden Farms range of calorie-free condiments, which include syrups, salad dressings, mayonnaise, marinades and jams. Endorsed by WeightWatchers America and The

Diabetes Association of America, consumers are guaranteed a high level of quality in the Walden Farms Product range, which is ideal for athletes aiming to keep lean during contest prep or for those looking to lose weight without having to endure bland tasting food.

Visit www.xtremenutrition.co.za for more information.



BENEFITS OF PHYSIOTHERAPY

According to Dr Ina Diener, president of the South African Society of Physiotherapy (SASP), there is a strong link between pain and many of modern life's most deadly diseases, such as cancer, diabetes and heart disease, and the link is inflammation.

As such, reducing inflammation helps to not only manage pain, but also achieve optimal health. Dr Diener suggests that one of the best ways to achieve this is with regular exercise. "Recent research has shown that exercise is a medicine each of us can easily apply to reduce inflammation." Her stance that moderate exercise results in improvements in systemic inflammation is supported by research conducted by Jacob Allen and colleagues in a research paper titled "Exercise and the Regulation of Inflammatory Responses", published online in July 2015 on Progress in Molecular Biology and Translational

Science. "This is why the theme for the 2015 National Physiotherapy BackWeek is 'Movement for Good Health – Exercise!'" continues Dr Diener. "Obviously exercise has so many positive benefits for health, but there's a lot of research showing that it is an important tool for pain management too." And you only need to do 150-450 minutes a week of moderate exercise like brisk walking to get these results. Should

you experience any kind of pain when moving or exercising, a physiotherapist is an expert in physical function who can help. Call 011 615 3170 to find out more.



5 TIPS TO FOR BETTER HEART HEALTH

- 1 Eat a variety of colours:** At least five portions of different types of fruit and vegetables a day help you get a range of nutrients and antioxidants.
- 2 Have a fish dish.** Fish is an excellent source of protein and healthy fats, and contains various vitamins and minerals. It's recommended that we eat at least two portions of fish per week, including one serving of oily fish.
- 3 Don't avoid fat.** We also need fat in our diet, but the amount and type we eat is vital to acknowledge. Conservative guidelines suggest consuming no more than 10% of your daily fat requirements in the form of saturated fat with the remainder coming from healthy sources of unsaturated fat.
- 4 Move more.** Take the stairs instead of the lift, get off the couch and walk the dog, involve the kids and play tag to keep your heart healthy and operating optimally.
- 5 Hydrate.** Avoid dehydration by drinking sufficient water (about 1.5-2L per day or drink to thirst), in addition to the fluid we get from the food we eat. Avoid sugary soft and fizzy drinks that are high in added sugars.



INSOMNIA LINKED TO WEIGHT GAIN



Insomnia contributes to depression, weight gain and can negatively impact your sex life too. The SA Society of Sleep Medicine (SASSM) says between 30-40% of adults indicate some level of insomnia within a given year, while 10-15% say their insomnia is chronic. The SASSM says insomnia increases with age, is more common in women, and is categorised as follows:

Acute insomnia:

Periods of sleep difficulty lasting between one night and a few weeks.

Chronic insomnia:

Sleep difficulty at least three nights a week for one month or more.

Associated insomnia:

Linked to psychiatric and medical disorders, or medication and substance use.

Sleep disorders:

Restless legs syndrome (RLS), periodic limb movement disorder (PLMD), sleep apnoea, and circadian rhythm sleep disorders (CRSD) can result in insomnia.

Primary insomnia:

When other causes of insomnia are ruled out. SA medical doctor and homeopath, Dr Erika Coertzen, says stress and anxiety are major causes of insomnia which, in turn, may lead to depression. "Anxiety and insomnia affect all ages and twice as many women as men," she adds. Coertzen says remedies for anxiety and insomnia include prescription drugs – some of which have adverse side-effects – or over the counter and homeopathic remedies such as Sedatif PC® which may assist by providing symptomatic support of stress symptoms, restlessness and mood swings.

Additional tips to consider include:

- Avoid day-time napping.
 - Use the bedroom for sleep and sex only.
 - Avoid late night heavy meals.
 - Exercise regularly but not close to bed time.
 - Establish and maintain a regular and relaxing sleep routine.
 - Follow a healthy and nutritious diet; avoid alcohol or caffeine.
 - Keep a sleep schedule or use a tracker to monitor your sleep patterns.
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A NEW BATTLEFRONT HAS EMERGED

DRAMATIC CHANGES IN THE CROSSFIT ARENA.

opportunities – three regions and five spots as opposed to one spot per region – the competition is intense. To compete and succeed against European teams for the opportunity to represent the region at the CrossFit Games will require that CrossFitters in South Africa step up their game in 2016 and beyond. The days when your competition was someone who you personally knew, along with their strengths and weaknesses, are over. Obviously the level of competition now is much higher, especially among the women as the winner of the 2015 CrossFit Games came from the European region. While these changes may put off many who previously considered competing, the tougher conditions and qualification criteria will definitely increase the level of competition in Africa. Those athletes and box owners who choose to embrace the challenge will have to work harder than ever, and I for one, am up for the challenge. My personal drive has increased dramatically as the desire to compete at the CrossFit Games again consumes me. We're already hard at work, training harder and smarter, and finding ways to up our personal game to be the best possible athletes we can be! Will you be joining us in our quest in 2016? **L**



WRITTEN BY
Wilna Appel,
Head Coach
and Owner of
CrossFit PBM
PHOTO BY
Anton Geyser

Looking back over the last year, quite a lot has changed in the CrossFit arena, especially in terms of international competitions. Dramatic changes to the qualification criteria and the competitor landscape

has meant that it is now extremely difficult for a South African competitor to qualify for Regionals. And to qualify for the CrossFit Games in the USA has become a seemingly insurmountable challenge for most.

The CrossFit Games season now has two qualifiers aimed at identifying the fittest competitors from across the world to compete at the CrossFit Games, which is usually held in Carson, California in July.

Stage one remains the Open, which is accessible to the entire CrossFit world. It usually consists of five workouts spread out over five weeks. Competitors have four days to complete the workout. The top qualifiers in the Open in the various regions then qualify for the Regionals. Only the top three competitors in most of the smaller regions (in terms of participation numbers) can qualify for the CrossFit Games now.

Back in 2012 when I competed in

my first African Regionals event, I only needed to participate and complete the CrossFit Open to qualify for the Regionals as there were only 30 girls competing. From the Regionals competition the top qualifier in Africa in the three categories – male, female and team – qualified for the CrossFit Games.

In 2013 I competed in the team division. To qualify for Regionals that year we had to finish in the top 30 during the Open, which

was relatively easy as there was only 15 teams participating. Again, only the top athletes and team qualified for the CrossFit Games that year.

In 2014 we competed as a team again. More teams entered the Open that year and the top 30 teams qualified for Regionals. Our team qualified top in the Africa region which allowed us to compete in the CrossFit Games last year.

CHANGING THE GAME

Then 2015 dawned and many things changed, most notably the classification of the regions. Africa had always been a standalone region, but this year the continent joined the Meridian region – one that's made up of three different areas, namely Europe, Africa and the Middle East. The qualification criteria for the Meridian region changed as well, with teams and competitors now having to finish in the top 10 in Africa during the Open to merely qualify for the Meridian Regionals. From there only the top five in each division qualify for the CrossFit Games. Even though that technically means there are more





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TARGET A WHOLE HOST OF MUSCLES...

The main muscles include your chest (pectoralis), shoulders (deltoids) and the back of the arms (triceps). The secondary and stabiliser muscles incorporated include your abdominals and core stabilisers, various back muscles (rhomboids, erector spinae), shoulders (rotator cuffs), and legs (glutes and quadriceps).

Push-up variations

PERFORM THE PERFECT PUSH-UP

Yes, despite what many might think, there are enough push-up variations to keep things interesting and to ensure you're constantly progressing.

EMBRACING THE PUSH-UP AS A REGULAR IN YOUR TRAINING ROUTINE HAS MANY BENEFITS:

- It targets your chest, shoulders, arms and core to build shapely and functional muscle.
- It builds functional upper body strength and power.
- They can be done anywhere, anytime.
- The options are endless...



LADIES PUSH-UP

The starting point for everyone is the kneeling or ladies push-up.

How to do it: Lie face down (prone) on the floor with your hands positioned slightly wider than shoulder width apart. Bend your knees and lift your feet off the floor. Push your body up off the floor by extending your arms. Keep your body straight throughout the movement. Lower your upper body back down to the floor by bending your arms.



STANDARD PUSH-UP

Progress to the standard push-up.

How to do it: From the prone position lift your knees off the floor and stabilise your torso through your hands and toes and engage your core. Push up into a fully extended plank position, then slowly lower your body back down toward the ground. Keep your neck and spine aligned throughout the movement.

ADDING VARIETY

With the basics mastered you can now start to add in the workout spice that makes training fun, exciting and challenging. Here are 11 push-up variations to make an already effective exercise even better...

EMPHASISE DIFFERENT AREAS



INCLINE PUSH-UP:

Perform the push-up with your hands on an elevated surface such as a step or bench. This is an easier move to execute, making it a good intermediate exercise before progressing from kneeling to standard push-ups.

DECLINE PUSH-UP:

Perform the push-up with your feet on an elevated surface such as a step or bench. Focus more on your upper chest and shoulders.



OFF-SET PUSH-UP:

Place one hand on a small ball and the other on the floor. Extend the arm not positioned on the ball, and maintain a bent elbow in the arm positioned on the ball. Lower your body until a slight stretch is felt in the shoulder and/or chest. Repeat for the required reps before swapping the ball to the other side.

Using a ball incorporates more stabiliser muscles in your shoulders, arm and back into the movement.

CORE CRUSHING OPTIONS



3-POINT PLANK PUSH-UP:

Lift one leg directly up and perform a standard push-up. A great move to engage your core stabilisers more effectively.



SPIDERMAN PUSH-UP:

Perform a standard push-up then raise one knee toward the elbow of the same side at the bottom of the push-up movement. Switch knees with each rep. This is an advanced move that delivers core stabilisation and hip flexion for better ab development.

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RENEGADE ROW:

Perform a standard push-up holding dumbbells in either hand. At the top of the movement pull one dumbbell up towards your rib cage, performing a one arm dumbbell row. Return the dumbbell to the floor, perform another push up, then execute a row with the opposite arm. **Get all the benefits of a push-up combined with the back and bicep benefits of a one-arm dumbbell row.** The move also requires good core stabilisation to reduce torso and hip rotation and maintain balance on three points (one arm and two legs) throughout the movement.



TAKE THE CHALLENGE

100 PUSH-UP CHALLENGE:

On the first day of the challenge perform as many push-ups as you can until you reach failure. Add one extra push-up to that figure every day until you reach 100 non-stop reps.



Develop upper body and core strength, while also improving mobility and flexibility.



HINDU PUSH-UP (AKA DIVE BOMBER PUSH-UP):

Place your hands and feet on the floor and your body in an inverted 'V' shape (your bum should form the apex). Your head should face down with your eyes looking back at your feet. In a wave-like motion slowly lower your hips and bend your arms, moving your torso forward and down while keeping your legs straight. Your chin should dip down and forward, nearly touching the floor. Come up by arching your back and looking up to the ceiling. Keep your hips as close to the ground as possible. Return to the starting position by raising your hips and pushing yourself back up to the inverted 'V' position. Keep your arms straight.

FORM TIP: ENGAGE YOUR CORE DURING EVERY REP BY BRACING YOUR ABS AND DRAWING YOUR BELLY BUTTON IN TOWARDS YOUR SPINE.

DEVELOP STRENGTH AND POWER

CLAP PUSH-UP:

Perform a standard push-up. As you push off the floor, rapidly extend your elbows and explode upwards so that your upper body lifts off the floor. Clap both hands together while in mid-air. Land back on both your hands in the starting position and absorb the impact by flexing your elbows. Move directly into the next rep in one fluid movement.



THE CLAP PUSH-UP IS A PLYOMETRIC EXERCISE WHICH ASSISTS IN THE DEVELOPMENT OF EXPLOSIVE STRENGTH.



DEPTH CHARGE PUSH-UPS:

Place two aerobic steps on the floor that are wider than shoulder width apart. Perform a push-up between the two steps. As you push off the floor, rapidly extend your elbows and explode upwards so that your upper body lifts off the floor. In mid-air move your hands outward so that they land on the steps or platforms, and catch your body before it falls. Perform an incline push-up, once again exploding upwards. This time return your hands to the starting position inside the steps.

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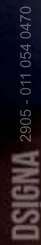
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The SKLZ Super Sandbag (R2,037.30 from www.BidorBuy.co.za) allows you to add and remove sandbags from the main outer shell to suit your workout requirements. You can also take empty bags with you and fill them up on the beach!

Call them what you like – sandbags, strength bags, weighted bags – even heavy travel bags can work. Whatever you use, these functional exercise tools might be your best bet for staying in shape this holiday season.

Deceptively heavy for their size, these weighted bags with handles are extremely versatile pieces of training equipment as you can complete a lung-burning, muscle-busting full body workout with a single bag. This makes it the ideal tool to pack in the car as you head off on your well-earned end-of-year 'vaycay'.

WEIGHTED BAG HOLIDAY WORKOUT

WORKOUT DRILLS

We've structured three workouts that you can rotate throughout your training week on the beach or outdoors to keep fit and maintain functional strength while on holiday.

THE BASIC MOVES INCLUDE:

THE DEADLIFT:

Bend down and grip the perpendicular handles. Position your feet on the outside of either end of the bag. Bend your knees and drop your hips down. Your shoulders should be over the sandbag. Maintain a neutral spine and keep your arms straight as you lift the bag up. Keep the bag close to your legs throughout the lift.



THE BACK SQUAT:

Holding the horizontal handles, 'clean' the bag overhead onto the tops of your shoulders. Hold the bag in this position as you hinge at the hips and bend at the knees to drop down. Keep your torso upright and back in a neutral position. Drop your hips below parallel before pushing through your feet to stand back up again.

Perfect the movement pattern before increasing your weight.



THE BEAR HUG SQUAT:

Hug the bag tightly as you perform a squat.

Lock in the shoulder blades before you squat (squeezing the shoulder blades down and back).



THE BASICS

Beginners: It is important to become technically proficient with the basic moves and the manner in which you use the bag and the multiple grip options before you attempt to lift heavier weights or progress to more complex combinations.

THE OVERHEAD PRESS:

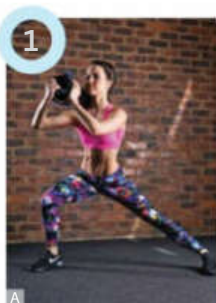
Holding the horizontal handles, 'clean' the bag overhead onto the tops of your shoulders. Press the bag up overhead, then return it back down to your shoulders under control.



THE WORKOUT

PERFORM EACH OF THE FOLLOWING THREE WORKOUTS WITH THE FOLLOWING STRUCTURE –

**15 reps per move,
5 rounds per workout,
Rest 2 minutes between rounds.**



LATERAL LUNGE WITH SHOULDER SWITCH OVERHEAD THRUST

Stand upright with the sandbag positioned on one shoulder. Lunge to the side with the leg on the same side as the bag. As you press back up through the leading leg, press the sandbag up and overhead. Switch the bag to the other shoulder as you reach the upright position, then perform the lunge movement on the other side.

PLANK PULL AND PUSH



Place the sandbag on the ground in front of you. Set up in the extended plank position. Grab the bag by the handle on the end and pull it towards your body with one arm, then push the bag back. Repeat for the required reps with one arm before switching to the other arm.

Workout A 15 reps per move, 5 rounds per workout

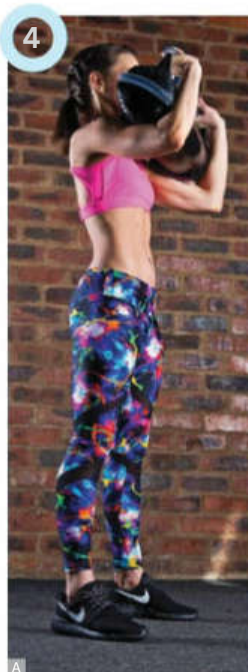
1. Lateral lunge with shoulder switch overhead thrust
2. Single-leg Romanian deadlift with row
3. Plank pull and push
4. Front squats (2 half, 1 full)



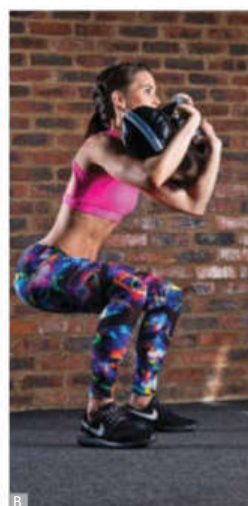
SINGLE-LEG ROMANIAN DEADLIFT WITH ROW

Stand holding the sandbag on the perpendicular handles. Perform a single leg Romanian deadlift by bending at the hips and extending one leg out behind you. Reach for the ground with the bag. Go as low as you can while maintaining a neutral spine. Keep your pelvis level and don't allow your hips to rotate. At the bottom position perform a double arm row. Contract your hamstrings and glutes to return to the upright position. Perform all the required reps with one leg first, then repeat with the opposite leg.

DID YOU KNOW: Flexing your muscles at the top and the bottom of a repetition will build stronger neural pathways that enable your muscle to contract quicker.



FRONT VS BACK SQUATS: FRONT SQUATS REQUIRE EXTRA CORE STRENGTH TO KEEP YOU POSITIONED UPRIGHT.



FRONT SQUATS (2 HALF, 1 FULL)

Stand with your feet placed hip-width apart. Holding the horizontal handles with an overhand grip, clean the sandbag to your front. Let it rest on your arms and shoulders. Keep the bag high by keeping your elbows up and your chest high as you squat down to parallel for two reps. For the third rep squat as low as possible.

Workout B 15 reps per move, 5 rounds per workout

1. 2 x bent-over rows with clean and press
2. Walking weighted lunge with shoulder switch
3. Crawl with pull-through
4. Squat thrust and shoulder switch-over

EFFECTIVELY
TRAIN MULTIPLE
MUSCLES WITH
THIS MOVEMENT
USING A BAG.

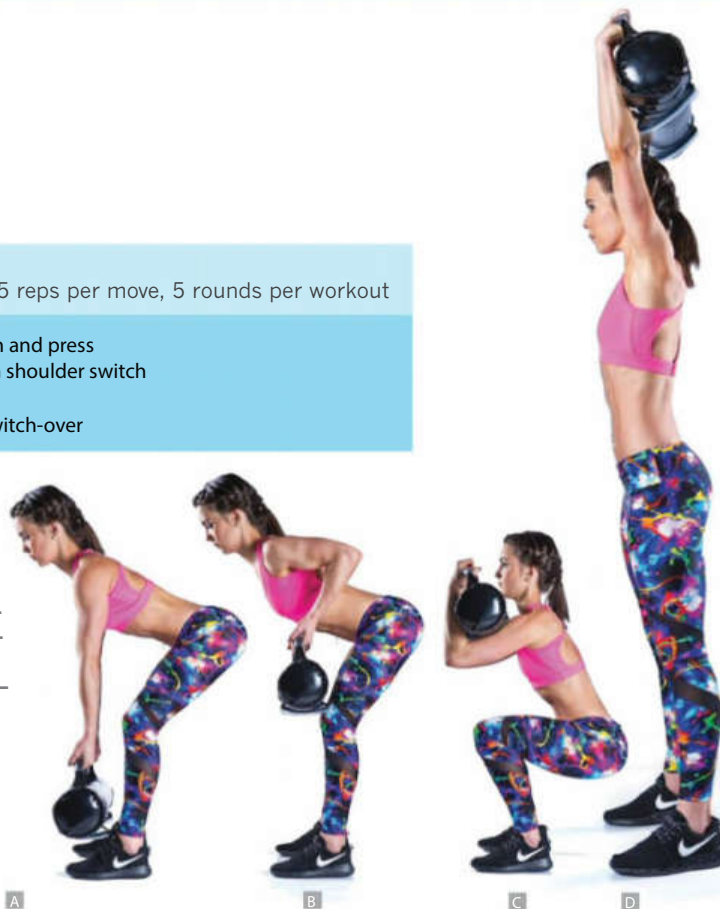
1

BENT-OVER ROWS WITH CLEAN AND PRESS

Hold the bag on the horizontal handles with an overhand grip. Bend the knees and hinge over at the hips to a 45-degree angle.

Keep your back straight and neck and spine in a neutral position as you row the bag up towards your chest. Perform two reps, then

'clean' the bag up to your shoulders as you stand upright. From this position press the bag up overhead.



2

WALKING WEIGHTED LUNGE WITH SHOULDER SWITCH

With the bag positioned on one shoulder, lunge forward with the leg on the same side. As you drive up through your leading leg to perform a lunge with the other leg, switch the bag over to the other shoulder.

**BUILD A
BODY THAT
PERFORMS
AS GOOD AS
IT LOOKS.**

SQUAT THRUST AND SHOULDER SWITCH-OVER

Set up for a squat with the bag positioned over one shoulder. Perform a squat and, as you move back up to the starting position, press the sandbag up overhead. Switch the bag to the other shoulder and then perform another squat.

3

CRAWL WITH PULL-THROUGH

Place the sandbag on the ground in front of you. Set up in the extended plank position. Grab the bag by the handle on the end and pull it underneath your body.

Crawl backwards over the bag by moving your arm and the opposite leg together. Keep your knees close to the ground and don't allow

your butt to shoot up into the air. Repeat the movement with the other arm, maintaining a tight core with your hips aligned as you pull the bag.



4



Workout C

15 reps per move, 5 rounds per workout

1. Reverse rotational lunges
2. Bent-over rows
3. Good morning with tricep extension
4. Clean and press

1

REVERSE ROTATIONAL LUNGES

Hold the sandbag on the perpendicular handles in front of you. Take a big step backward to perform a reverse lunge. As you step back swing the bag to the side of the supporting leg. Return to the starting position and repeat on the opposite side.



BUILD FUNCTIONAL FITNESS, GAIN STRENGTH AND LOSE FAT.



3

GOOD MORNING WITH TRICEP EXTENSION

Position the bag on the back of your shoulders. With a slight bend in the knees, bend over at the hips and perform a stiff legged deadlift movement. Return to the upright position, then extend your arms overhead to perform a tricep extension.



A



B

2

BENT-OVER ROWS

Hold the bag on the perpendicular handles with an underhand grip. Bend the knees and hinge over at the hips to a 45-degree angle. Keep your back straight and neck and spine in a neutral position as you row the bag up towards your chest.

ABOUT ALEX

Alex made her industry debut when she stepped on stage at the 2012 IFBB Novice and Development show, placing first in the Bikini division. Since then she continued to climb the ranks within the federation, which culminated in her reaching the pinnacle of the amateur ranks recently when she took top honours in the Junior Bikini division at the recent 2015 IFBB National Championships. Read more about her on www.fitnessmag.co.za/q-and-a/.



A



B



C

4

CLEAN AND PRESS

With your feet positioned under the bag, bend down and grasp the horizontal handles with an overhand grip. Deadlift the

bag from the ground and, as it gathers some momentum, explosively pull the bag upwards. As the sandbag travels

up allow it to rotate around your hands. Catch the bag on the tops of your shoulders. Press the sandbag overhead.



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THE SMITH MACHINE EXPLAINED...

The barbell of the Smith machine has hooks that can be rotated around to secure or 'unlock' the bar from one of the many pegs that run up either side of the machine. This means the loaded barbell can be racked at any point in the movement which makes it a safer option when working with heavier loads.

There is also a height-adjustable safety latch system on all Smith machines that will 'catch' the bar at a specified height should the hooks miss the pegs.

**THIS MACHINE IS MORE
VERSATILE THAN YOU
GIVE IT CREDIT FOR**

SMITH MACHINE

THAT BIG, SEEMINGLY COMPLICATED MACHINE IN THE CORNER OF YOUR GYM MAY SEEM INTIMIDATING BUT ONCE YOU GET TO KNOW THE SMITH MACHINE YOU'LL REALISE THAT IT CAN BENEFIT YOUR REGULAR GYM ROUTINE IN A NUMBER OF WAYS.

the Smith machine workout

So, whether you want to isolate specific muscle groups or you're simply in search of a new way to get a quick full-body workout with one simple piece of equipment, the following Smith machine exercises are exactly what you're looking for...

lower body

FRONT SQUAT

HOW TO: Position the bar on the front of your shoulders. Cross your arms over each other and place your hands on top of the bar. Place your feet under the bar. Disengage the bar then squat down until your thighs are just past parallel to the floor. Extend your knees and hips to return to the starting position.



SMITH SQUAT

HOW TO: Position the bar on the back of your shoulders and grasp it on either side. Place your feet in front of the bar. Disengage the bar by rotating it backward. Squat down by bending your knees while dropping your hips down. Keep your back straight and your knees pointed in the same direction as your feet. Descend until your thighs are just past parallel to the floor. Extend your knees and hips to return to the starting position.

ADVANCED MOVE: PISTOL SQUAT

HOW TO: Start in the same position as the front squat but with your feet placed closer together. Lift one leg, then bend the knee of your supporting leg while hinging at the hips. Keep your back straight and your knee pointed in the same direction as your supporting foot. Descend until your thigh is just past parallel to the floor. Extend your knee and hip until your leg is straight. Repeat for the required reps before switching to the opposite leg.



BULGARIAN SPLIT SQUAT

HOW TO: With the bar on your shoulders place one leg on the elevated cross bar in the Smith machine. If there is no cross beam or bar place a bench behind you. Place the foot of your leading leg slightly in front of the bar. Disengage the bar and drop your body down by flexing the knee and hip of the leading leg until the knee of your rear leg almost makes contact with the floor. Extend your hip and knee to return to the starting position. Repeat for the required reps before switching legs.



SPLIT SQUAT (STATIC LUNGE)

HOW TO: Position the bar on the back of your shoulders. Move one foot forward and place the forefoot of the other leg behind you. Disengage the bar and lower your body by flexing your knees and hips. Drop down until the knee of the rear leg is almost in contact with the floor. Extend your hips and knees to return to the upright position and repeat for the required reps before switching legs.



VERTICAL LEG PRESS (AKA INVERTED LEG PRESS)

HOW TO: Position a bench in the Smith machine with the bar secured a metre or so above it. Ensure that the safety latches are in place. Lie under the bar on the bench and place the middle of your feet on the bar. Roll the bar to unlock the hooks, then press the bar upward by extending your hips and knees. Do not lock out your knees at the top. Return the bar to the starting position under control.

STANDING CALF RAISE

HOW TO: Place an aerobics step under the bar. Position the bar on the back of your shoulders and the balls of your feet on the step with your heels extending off the side. Disengage the bar then raise your heels up as high as possible by extending your ankles. Lower your heels back down until a stretch is felt in the calves.



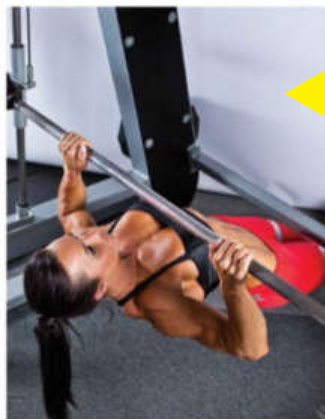
upper body BACK

the Smith machine workout



BENT-OVER ROW

HOW TO: Bend over the bar (positioned at knee height) with a slight bend in your knees. Grasp the bar with a wide overhand grip. Disengage the bar and pull it up to your upper waist while keeping your back straight. Extend your arms and shoulders to return to the starting position.



HORIZONTAL PULL-UP (AKA SUPINE ROW)

HOW TO: Position yourself under a fixed Smith machine bar positioned above knee height. Grasp the bar with a wide overhand grip. Extend your legs and place your heels on the floor in front of you. Hang under the bar with your back off the ground and your arms fully extended. Keep your body straight as you pull your chest up to the bar. Hold for a count and then slowly lower yourself back down.



RACK CHIN-UPS

HOW TO: Perform a horizontal pull-up as described but this time position your legs on a bench or the cross beam of the Smith machine, and maintain a V-shape between your torso and legs.



BENCH PRESS

Lie on a bench with your chest under the bar. Hold the bar with a wide grip. Disengage the bar and lower the weight to your chest. Press the bar back up.

ADVANCED MOVE: EXPLOSIVE BENCH PRESS



As you approach the top of the press, explode the bar upwards and let it go. Catch it again as it drops down. Be sure to have the safety latches in place above your chest and neck. This plyometric-type movement is great to develop power.

CHEST

SHOULDERS



KNEELING PUSH PRESS

Kneel on the floor with a staggered stance and the bar at shoulder height. Grasp it with a wide overhand grip that is slightly wider than shoulder width. Pull your head back slightly as you dip down then explosively drive upward to help you push the bar up overhead.



ADVANCED MOVE: EXPLOSIVE PUSH PRESS

As you approach the top of the press, explode the bar upwards and let it go. Catch it again as it drops down. Be sure to have the safety latches in place above your head. This plyometric-type movement is great to develop power.



UPRIGHT ROW

Stand behind the bar positioned at mid-thigh level. Hold the bar with a shoulder-width overhand grip. Disengage the bar, stand up and pull the bar up to your neck. Lead the movement with your elbows.



SEATED SHOULDER PRESS

Sit on a bench with the bar positioned in front of your shoulders. Grasp the bar with a wide overhand grip. Disengage the bar and press it overhead until your arms are fully extended.



BEHIND THE BACK SHRUG

Stand facing away from the Smith bar. Hold the bar with hands positioned slightly wider than shoulder width using an overhand grip. Disengage the bar and raise (shrug) your shoulders up as high as possible towards your ears.

[WHAT'S HOT]

CUSTOM BIOGEN FITMARK BAGS

Wherever you're heading these holidays, be sure to keep your diet on track, especially with all the Christmas lunches and parties rolling in. Biogen now offers a custom Fitmark bag to help you store and plan your meals for the day. The ultimate in food storage – only a limited number available in SA, and these will sell out fast!



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The new maximum potency Phedra-Cut Lipo XT has been developed to harness the effects of a collection of the most powerful weight loss ingredients that have been shown to drastically improve results. Ingredients included in the formulation are Phytofare™ proprietary plant extracts, Teacrine®, Caffeine, Green Coffee Bean and GarCitrin™ (a trademarked and highly applauded Garcinia Cambogia extract). Phedra-Cut Lipo XT is ideal for all healthy, weight-conscious individuals who are looking for a holistic solution to weight loss, when combined with exercise and a calorie-controlled eating plan.



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**CHOOSE
SAFE SUPPLEMENTS
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DIS-CHEM**

GRIP STRENGTH

When doing gymnastics and weightlifting strength work you can use straps to hold on to the bar. However, you need to be able to hold on to a gymnastics bar when swinging around doing muscle ups or even large rep ranges of pull ups. The same applies for Olympic lifts or powerlifting. If you can't hold the bar when pulling it off the floor during a clean & jerk, snatch or deadlift it's all pretty pointless. Improve your grip strength during normal training by doing your deadlifts with a double overhand grip (both sets of knuckles facing forward) while working up to heavy sets or even high reps. Hanging from a bar for up to 3-4 minutes is another great way to improve grip strength. Try focus on keeping your shoulders active by pulling your shoulder blades down to engage the lats and serratus muscle.

Tip supplied by Chris Anastasopoulos, owner at CrossFit 152



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ARMS



CLOSE-GRIP BENCH PRESS

Lie on a bench with the bar above your chest. Hold the bar with a slightly narrower than shoulder width grip. Disengage the bar and lower it to your chest while keeping your elbows close to your body.



BICEP DRAG CURL

Grasp the bar, placed at hip height, with a shoulder-width underhand grip. Raise the bar straight up so that your elbows travel back as you flex your arms. Raise (drag) the bar up to your upper abs or lower chest. Extend your elbows to return to the starting position.

ABS



HANGING KNEE RAISES

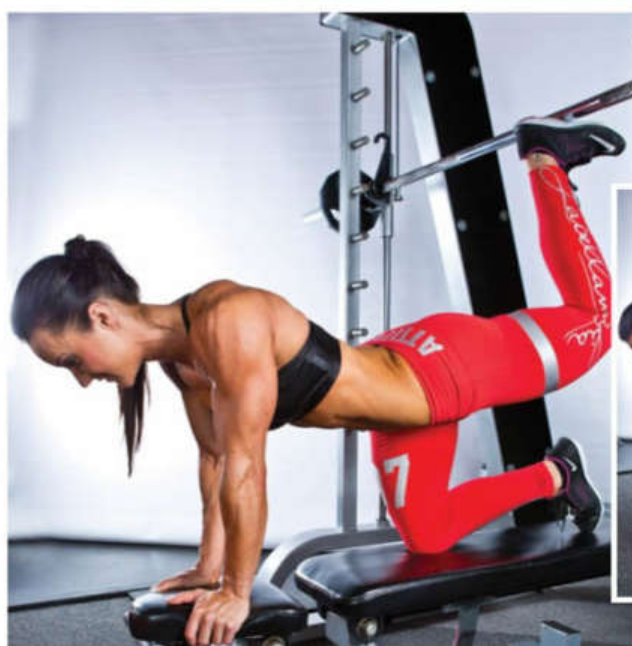
Secure the bar on the highest pegs. Hold the bar and hang with your knees bent below you. Raise your knees up to your chest by flexing your hips.



TRICEP DIP

Position the bar in line with the cross beam or place a bench parallel to the bar. Place your hands on either side of your hips on the bar with your feet on the cross beam or bench. Lower your body by bending your arms until a slight stretch is felt in your pecs or shoulders.

GLUTES



DONKEY KICKS

Position a bench in the Smith machine with the bar secured a metre or so above it. Ensure that the safety latches are in place. Kneel on the bench. Keep one knee on the bench and position the foot of the other leg under the bar. Rotate the bar with your foot to disengage it. Push the bar up by extending your leg back and up.



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BY Pedro van Gaalen, Managing Editor

6 ways to beat CARDIO BOREDOM

Gym-based cardio can seem like a grind even for the most dedicated of gym-goers. However, it is often a necessary evil, be it for improved health or enhanced conditioning.

Thankfully there are a few tried and trusted ways to beat the boredom, even for those hour-long steady state cardio sessions on the treadmill or stationary bike. In fact, there are many things you can do to make your gym-based cardio more enjoyable, other than merely listening to your favourite songs playing on your iPod...

1 THERE'S AN APP FOR THAT...

The gamification of fitness trend means that the world of interactive training is never more than a click away.

A whole host of apps cater to those who want to add an extra dimension to their training, be it an immersive gaming experience like the app **Zombies, Run!** (for iOS and Android devices). The app lets users take on various different missions controlled, in part, by their relative pace, interspersed with songs from their playlist as they walk, jog, or run away from zombies.

An app like **Interval Run** can also act as a companion and coach during your treadmill sessions as it delivers vocal queues and feedback to guide you through an interval exercise session, be it a Tabata session, a Couch to 5K programme, or an hour-long session.

The **Ghost**

Run app is another option as it lets you race against yourself by beating previous bests or setting goals that you need to achieve. Similarly, features on popular GPS-enabled sportswatches like the Garmin range offer features like **Virtual Partner** and **Virtual Racer**. Virtual Partner can be used as a pacer to achieve a desired time or goal with on-screen prompts, while the Virtual Racer takes that concept to another level as users have to beat the runner on the device's screen by inputting a goal time for a specific distance.

There is also the rewards-based approach where achievements and the attainment of specific goals get recognition in the form of badges or credits, like on smartbands, smartwatches



YOUR EASIEST 20 MIN!



WEEKLY FITNESS MAG PODCAST

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and fitness devices. There is also various 'motivational apps' that offer this functionality such as **AchieveMint, GymPact or FitCrown.**

If you prefer to stick with old faithful – your iPod or smartphone and your trusty earbuds, then technology can help make that more effective too. The **BeatBurn Treadmill/Outdoor Trainer** app, for instance, uses beat-sync technology, changing the beat of your iPod music to perfectly match your pace and boost your motivation and enjoyment during cardio.

2 BECOME A VIRTUAL COMPETITOR

If racing yourself or some on-screen character isn't that appealing then you can also take your competitive streak to the next level and

race your friends, wherever they may be. Virtual competition apps like Cardio Smackdown (for iOS) lets you challenge others to a simultaneous, real-time workout via Game Center, be it on a treadmill or the elliptical. During this virtual workout, competitors can see their opponent's progress alongside that of their own on their device's screen.

In a similar vein, there are many ways in which you can compete against friends or family in the virtual world. One simply has to set a benchmark time, upload it to apps like Nike+ and invite your virtual rivals to try to beat it. Most apps are also enabled with virtual encouragement via social media so you can hear words of support or cheering while you pound it out on the treadmill.

3 THINK OUTSIDE THE BOX

Don't limit your options to the conventional cardio machines at your local gym. While the treadmill, stationary bike, rower, elliptical and stepper are all effective tools, there are numerous other ways to get the same effect without the monotony.

Skipping

is an excellent form of cardiovascular exercise. It provides a similar workout to running and the intensity can be varied to suit your needs. It works both the upper and lower body, and improves co-ordination and balance. There are also a variety of techniques to the standard skip – bell jumps, side jumps, runner steps, twist jumps, straddle jumps and crossovers, to name a few.

If that's not your style then consider **hitting the pool** for a few laps or even some water aerobics. No, it's not just for older women. Water aerobics is a great form of active recovery as it is low impact and you still work against some degree of resistance from the water. Swimming also helps to improve cardiorespiratory function as you hold your breath between strokes.

The world of high-intensity weight training (HIWT) is also a great option when you want to benefit from the cardiovascular and calorie-busting effects of traditional cardio training, but without the monotony.

Dumbbell and barbell complexes, bodyweight Tabatas, or metabolic conditioning circuits with a host of equipment options, from battling ropes and sled sprints to kettlebells are all great options that deliver an effective cardio and weight combo.

4 ADD SOME VARIETY

Steady state isn't the only way to train in the gym. In

fact, depending on your goals and how much time you have available it might be downright ineffective. Play around with the speed, resistance or incline of the bike or treadmill to make your workouts progressively more challenging.

If that is still too one-dimensional for you then structure your own intervals –

“ALL THE MAJOR GYM CHAINS OFFER A VARIETY OF INTENSE AND EFFECTIVE CLASSES LIKE BODY CONDITIONING, HIGH IMPACT BOOTCAMPS, PLYOMETRICS AND CORE STRENGTH CLASSES.”

short bursts of higher intensity work interspersed with active recovery periods. Manipulate things like speed or cadence, resistance, or incline to boost the high-intensity intervals.

Otherwise explore the presets on the machine you plan to use before hitting start. Most of the modern pieces of equipment in gyms today are packed full of interesting workout protocols and options to suit every goal. The other option is to jump between machines every 10 minutes, rather than every other session.

5 GET INTO THE GROUP VIBE

Despite the popular stereotypes, aerobics, spinning and group classes aren't solely for specific population groups, like women or weekend warrior athletes. A spinning class, for instance, is a fun way to get in a high-intensity cycling session in an energetic and social environment. **A 30-minute session in the spin studio will be just as effective as 30 minutes on the stationary bicycle, if not more so, and a lot more enjoyable. You may also meet a few like-minded people and make some new friends too.**

Similarly, group aerobics classes are no longer a congregation of leotards, leg warmers, and head band-wearing women, and it's certainly no longer just step classes on offer. All the major gym chains offer a variety of intense and effective classes like body conditioning, high-

impact bootcamps, plyometrics, core strength classes and, for the more adventurous, dance-themed classes such as Zumba. On a basic physiological level these classes will deliver the same effect in terms of heart rate elevation and cardiorespiratory improvements that a session on the bike or stepper would, just in a fun-filled and interactive environment.

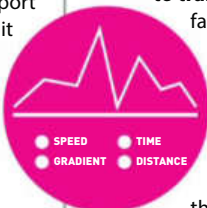
You can also try any of the new branded cardio classes at the major gym chains such as The Grid at Virgin Active or any of the Les Mills offerings at Planet Fitness. You can also check out new, innovative options at the various boutique and exclusive clubs in your area.

6 TIME FOR SOME 'GYMTAINMENT'

A new trend emerging globally is that of 'gymtainment' – providing entertainment to gym-goers while they train. At the most basic level this could include a TV screen in the console of your treadmill or stationary bicycle that offers a variety of channels or programmes, while some gyms take it a step further with live music, DJs and even dancers during peak times.

You can also take a DIY approach by taking your **DSTV Drifta** and your **iPad** along, or read your latest e-book or favourite magazine in digital format on your tablet while you peddle away. You can also use the time to learn a different language or stay in tune with current affairs with your favourite podcast. If your gym has free wi-fi there are also a growing number of streaming content options available to you.

There is absolutely no reason why you can't tune out during lower intensity cardio as there is no evidence to suggest that this has less of an effect on your heart rate or other physiological responses while you train. It is better to concentrate on your activity during higher intensity work though, particularly when running on the treadmill to reduce the likelihood of injury. **7**





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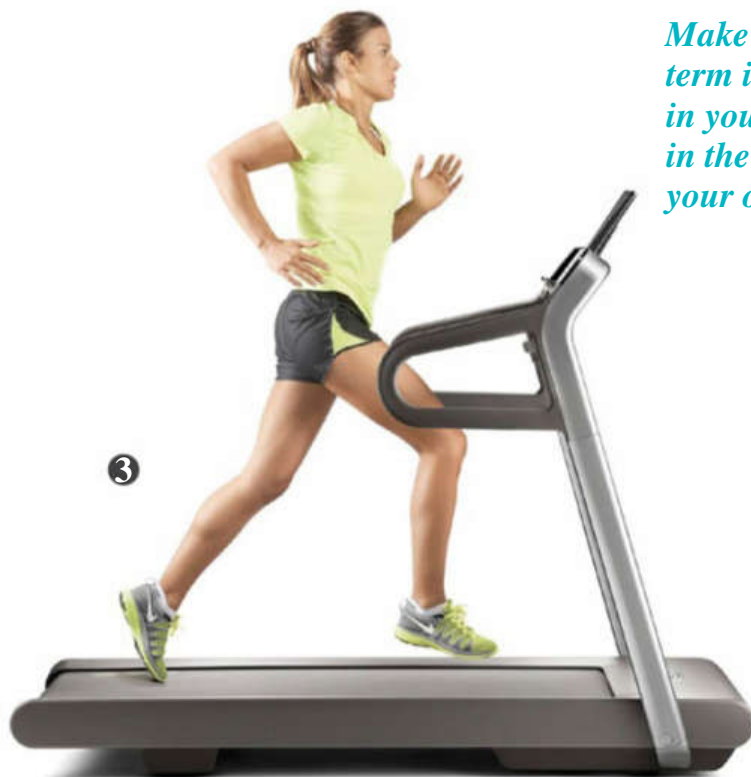


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PERFORMED BY Ashleigh Frost
IMAGES BY Richard Cook
DRESSED BY Lorna Jane
WRITTEN BY Pedro van Gaalen, Managing Editor

WARM-UPS 2.0

AN UPDATED, MORE EFFECTIVE APPROACH TO WARMING UP

WARM-UPS. WE ALL KNOW WE SHOULD DO THEM, BUT FEW OF US EVER DO. SADLY, EVEN THOSE WHO FOLLOW THE BASIC GUIDELINES OF ENGAGING IN SOME LIGHT CARDIO AND A FEW STRETCHES ARE MISSING THE MARK WHEN IT COMES TO THE ROLE OF AN ADEQUATE PRE-WORKOUT WARM-UP, PARTICULARLY WHEN WE WANT TO PERFORM AT OUR BEST.

WAKE-UP CALL

A PROPER WARM-UP SHOULD PRIME OUR BODIES FOR THE IMPENDING PHYSICAL EXERTION. It should give all the muscles that we're about to engage a 'wake-up call'; and prime our neuromuscular system to fire optimally, which ensures each muscle performs to its full potential right from the start. That's where pre-workout activation comes in.

In the broader context, pre-workout activation focuses on activating the neuromuscular system. This requires that we perform exercises or drills to 'turn on' the right muscles so that they 'fire' optimally, when you need them to. A comprehensive pre-workout activation routine should therefore consist of a collection of general mobility drills, in addition to specific movement preparation drills, and dynamic stretches that are designed to enhance the communication between your nervous system and your muscles.

And the use of dynamic stretches are important in this regard, as it has been shown that static hold stretches activate a protective neuromuscular reflex that temporarily reduces a muscle's ability to produce maximal force.

To illustrate the benefit of dynamic stretches, a 2005 study, published in the Journal of Strength & Conditioning Research, looked at the "effects of static stretching for 30 seconds and dynamic stretching on leg extension power". The researchers found that there was "no significant difference" between leg extension power among participants who performed static stretching and those who did no stretching at all. However, they did find that "leg extension power after dynamic stretching was significantly greater than that after non-stretching." Based on the results researchers concluded that "static stretching for 30 seconds neither improves nor reduces muscular performance and that dynamic stretching enhances muscular performance".

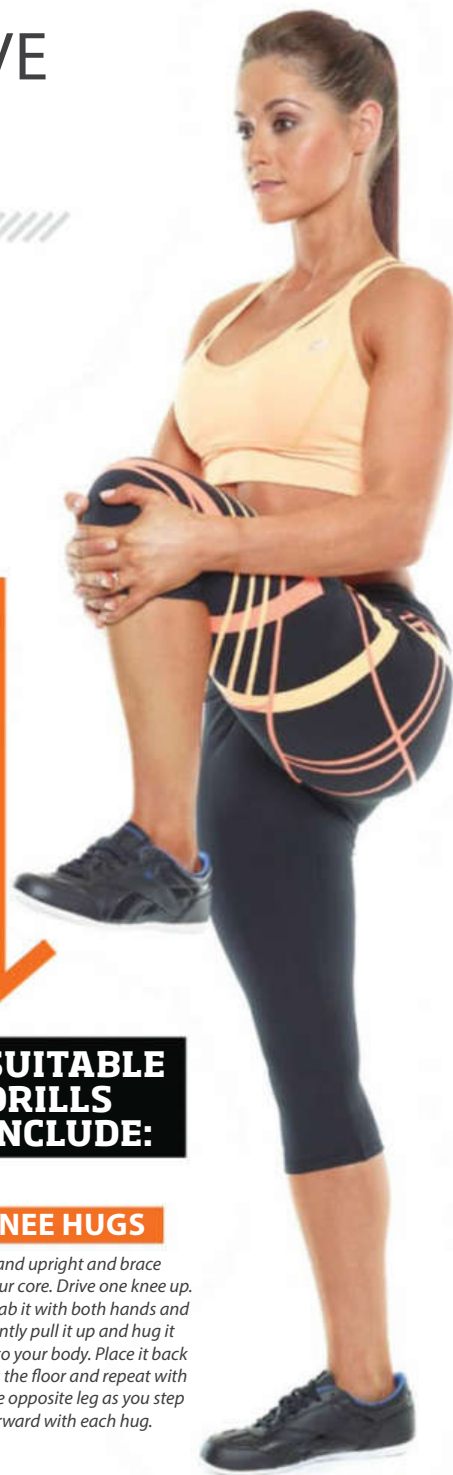
In addition, as the drills are specific to the activity you're about to perform, it is important to select the right type of pre-activation exercise. However, as most forms of exercise require running or similar biomechanical movement patterns, your hips and the surrounding muscles are generally always involved. As such, glute and hip flexor activation drills are very common, and a great addition to any workout, as are hip mobility drills.

Specific movement drills should target the neuromuscular system by activating specific muscles and movement patterns. As an example, ideal warm-up drills before any sport that involves running could include high knees, heel-to-glute kicks, walking lunges with arm swings, and front-to-back and side-to-side leg swings. These specific movement drills will increase neuromuscular activation, preparing the muscles to fire in the way they'll be required to during the pending race or workout.

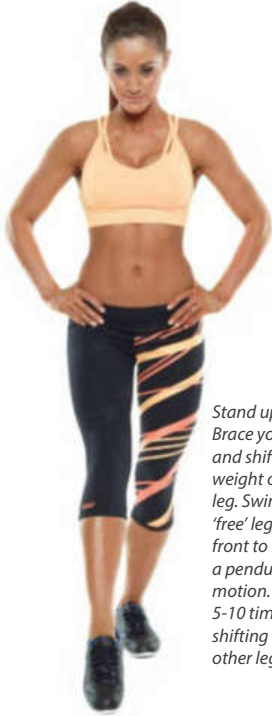
SUITABLE DRILLS INCLUDE:

KNEE HUGS

Stand upright and brace your core. Drive one knee up. Grab it with both hands and gently pull it up and hug it into your body. Place it back on the floor and repeat with the opposite leg as you step forward with each hug.



FRONT TO BACK SWINGS



Stand upright. Brace your core and shift your weight onto one leg. Swing your 'free' leg from front to back in a pendulum-like motion. Repeat 5-10 times before shifting to the other leg.

LEG SIDE SWINGS

Stand upright. Brace your core and shift your weight onto one leg. Swing your 'free' leg from side to side in front of you. Repeat 5-10 times before shifting to the other leg.



PERFORM EXERCISES OR DRILLS TO 'TURN ON' THE RIGHT MUSCLES SO THAT THEY 'FIRE' OPTIMALLY, WHEN YOU NEED THEM TO.

While there's no denying the fact that some light cardiovascular activity before a session or race raises the temperature of working muscles, and increases the diameter of blood vessels as available blood volume

is shunted to the extremities in preparation for the pending physical effort, and that a few stretches can loosen up stiff muscles and joints to enhance movement efficiency, a proper warm-up should do more.

LUNGE COMPLEXES

Stand upright. Perform a forward lunge. Step back up to the starting position then lunge to the left. Repeat to the back and then to the right to complete one complex.



SQUAT STANDS

From a standing position, bend over and grab your feet by your toes (as you would with a static hamstring stretch). Hold your toes throughout the movement. Drop your hips down into a deep squat. As you swing your hips through push your chest through and up, and pick up your head to maintain a neutral spine. Ensure your knees push out to either side of your elbows. Drive your hips back up by straightening your knees. Drop your head as you do so.



TOE TOUCH WALKS

Hold both arms out in front of you. Take a step and kick your left leg straight up. Touch your right hand with your toes. Repeat on the other side with the next step.



Pre-workout activation guidelines

Faced with this evidence it is clear that warm-ups are a key component to deliver optimal performance. If you're an endurance athlete, a combination of light cardiovascular activity, accompanied by a few mobility drills, some dynamic stretching, and specific movement drills that activate the neuromuscular system and movement chains that will be required during the session is the ideal approach. Keep your pre-workout activation routine to about 10 minutes, and ensure you complete it 3-10 minutes before your high-intensity training session or race to ensure no residual fatigue remains.

#USN #FaceOfFitness2015



R85,000
IN PRIZES TO BE WON!

fitness magazine and title sponsor Ultimate Sports Nutrition (USN) are once again on the hunt for new talent in the annual USN Face of *fitness* cover model search competition.

BIGGEST PRIZE VALUE EVER!

In addition to her appearance on the cover of *fitness* magazine, the winner will also receive a R20,000 cash prize, a USN product sponsorship valued at R20,000, and an all-expenses-paid USN experience to represent the brand at one of the many health, fitness and sporting events that USN is involved in, both locally and internationally, valued at R30,000. That's a total prize value of R70,000 from the title sponsor – the highest in

the history of the competition. The winner will also receive a professional photographic portfolio from Richard Cook, the official USN Face of *fitness* photographer, valued at R5,000. Additional prizes to the value of R10,000 from the competition's various clothing, beauty, entertainment and goods sponsors in the form of vouchers brings the total prize value for the 2015 competition to R85,000.

Over 220 entries were received for this year's competition, which meant the judging panel – consisting of representatives from both *fitness* magazine and USN – had the hard task of whittling down the field to the top 32.

Having made the selection, readers, fans and members of the public were able to vote for their favourites on www.fitnessmag.co.za during October. These votes will be combined with the

judges' votes to determine the top twelve, who then attend face-to-face interviews with the judges to determine the finalists.

The final six will then travel to Johannesburg in November to participate in the two-day cover shoot. The winner will be selected based on the quality of the photos taken at the shoot and will grace the cover of the January/February 2016 issue of *fitness* magazine as she commences her one-year sponsorship contract with USN.



FACE OF FITNESS
2015 COVER MODEL SEARCH

MEET THE TOP 32 ASPIRING FITNESS MODELS VYING FOR THE COVETED SPOT ON OUR NEXT COVER



THE TOP 6 FINALISTS OF 2014
LARA BESTER | NICOLENE BOOYSEN | HANNEKE DANNHAUSER
BURNEDINE MEERHOLZ | KIRSTIN NEL | CHANTEL VAN DER WESTHUIZEN



Desiree Maple

Age: 30
Occupation: Fitness coach
Hometown: Durban
Desiree enjoys being active which is why she lists anything to do with training and the outdoors as her hobbies. She remains motivated by seeing the constant changes that happen to her physique.



Christina Pappas

Age: 30
Occupation: Logistics consultant
Hometown: Johannesburg
Christina's long-term fitness goals are to work in the fitness industry and to motivate and inspire other women to live healthy, fulfilling lives. Her hobbies include spending time with friends and watching movies.



Carly Shartin

Age: 21
Occupation: Law student
Hometown: Durban
Carly feels empowered by the notion that she can achieve anything that she sets her mind to. She believes there is nothing more challenging or rewarding than the improvement of one's self.



Bianca Booth

Age: 23
Occupation: Personal trainer
Hometown: Durban
Bianca hopes that her success will inspire and motivate other women and show them that they too can achieve the body of their dreams. Her hobbies include training, socialising with friends, going to the beach and cooking.



Alrieta de Wet

Age: 23
Occupation: Personal trainer
Hometown: Pretoria
Alrieta aims to become an international athlete, travel the world as a fitness icon and give motivational speeches. She draws her motivation from the success of her clients, friends and family.



Lourika Bekker

Age: 26
Occupation: Contribution administrator
Hometown: Durban
Lourika has wanted to appear on the cover of *fitness* mag for as long as she can recall. She also wants to encourage other women to be fit and healthy, and hopes to do so by becoming an ambassador for the IFBB.



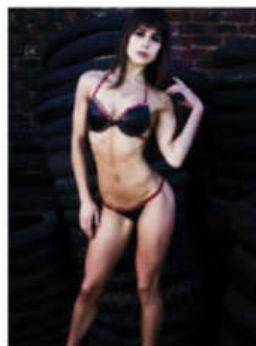
Arina Knipe

Age: 27
Occupation: Medical rep
Hometown: Pretoria
Arina aims to maintain a healthy body and balanced lifestyle through her approach to fitness. Her focus is on competing at the WBFF SA Spectacular in 2016 where she hopes to win her pro card and then compete internationally.



Amore Coetzee

Age: 22
Occupation: Sales consultant
Hometown: Durban
Her passion for health and fitness is what keeps Amore motivated. She loves looking and feeling great, being healthy and helping others achieve their goals. She loves outdoor activities such as hiking and cycling.



Alex-Maud vd Westhuizen

Age: 22
Occupation: Student
Hometown: Fochville
Alex-Maud's competitive fitness goals are to place in the top 10 at the World Juniors and Masters Championships taking place this year in December. Besides competing at bodybuilding shows, she enjoys anything that keeps her active and outdoors.



Nicole van Rheede

Age: 27
Occupation: Researcher
Hometown: Cape Town
Nicole's goals are to achieve her best state of physical and mental fitness possible, which she hopes will serve as a platform to inspire other women to achieve their best by leading a healthy and fit lifestyle.

THE GIRL WHO BEST EPITOMISES THE FITNESS LOOK AND LIFESTYLE...

THE WINNING FORMULA

WHAT ARE THE JUDGES LOOKING FOR IN THE WINNING PHYSIQUE?

According to Byron Kennedy, ambassador, endorsement and training co-ordinator at USN, the brand is looking for a healthy, fit and athletic figure that is still feminine and maintainable throughout the year. "Not too muscular and extreme," he says. "**fitness** magazine is marketed to women who want to improve their health, fitness lifestyles and physiques, therefore the cover

model's appearance needs to be aspirational and appealing to this market," he explains. "She also has to be humble, goal-driven, and approachable. Dedication to her fitness lifestyle and a willingness to inspire and assist others in their fitness journey are also important traits. The winner must also be excited and proud to promote the USN brand as it carries responsibilities."



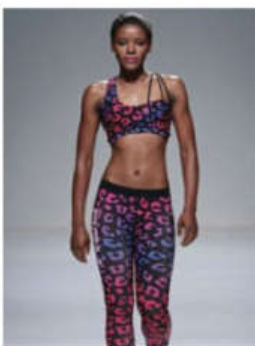
Rachelle Havenga

Age: 26

Occupation: Self-employed

Hometown: Cape Town

Rachelle's approach to fitness is aimed at staying fit and strong. She hopes to one day become a brand ambassador for a supplement company like USN.



Khwezi Ngwenya

Age: 27

Occupation: Manager

Hometown: Durban

Khwezi enjoys modelling and ballroom dancing. Her goals are to keep slim, toned and healthy.



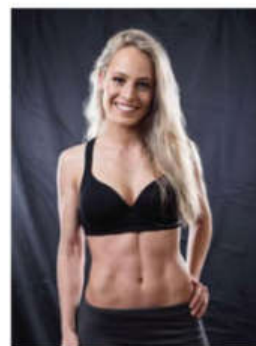
Jomari de Lange

Age: 21

Occupation: Student

Hometown: Ladysmith

Jomari loves nothing more than moving, in whatever form that may take. Whether she is outdoors on a hike or participating in various sporting activities, she loves to be active.



Chanelle Esplin

Age: 22

Occupation: Tutor

Hometown: Cape Town

Chanelle loves to live an active lifestyle. Her favourite pastimes include spending time with friends and family, camping, hiking, skiing and reading.



Claire Calvert

Age: 30

Occupation: Fitness instructor

Hometown: Randfontein

Claire is constantly looking for ways to improve her physique, which led her to enrol in a personal training course. Her hobbies include gyming, cycling and baking.



Carmen Klindt

Age: 20

Occupation: Personal trainer

Hometown: Welkom

Carmen aspires to be the best she can be and aims to earn her pro card at the WBFF SA competition in 2016. She hopes that will help her build an amazing career in the fitness industry.



Genevieve Fernandes

Age: 26

Occupation: Marketing

Hometown: Johannesburg

Genevieve believes that by always trying to better herself physically, every other aspect of her life is challenged from a mental perspective. She enjoys boxing, and prefers to spend her free time at social gatherings like braais.



Simone Cardoso

Age: 21

Occupation: Student

Hometown: Johannesburg

Simone would like to use the competition to gain more exposure in the fitness industry as she works to obtain her pro card next year. She enjoys Latin American dancing, and is studying to be a chartered accountant.



Roxy Barker

Age: 27

Occupation: Contract administrator

Hometown: Durban

As a competitive IFBB athlete Roxy has her sights set on competing at the Arnold Classic in 2016. Roxy's hobbies include CrossFit, soccer and photographic modelling.



Veronique Mitchell

Age: 24

Occupation: Strategist

Hometown: Johannesburg

Veronique aspires to be healthy and stay in shape 24/7/365. Her main aim is to make the team representing SA at the Nabba World Championships which take place on home soil this year.



Naadiya Rawat

Age: 28

Occupation: Personal trainer

Hometown: Durban

Naadiya is working hard to realise her dream of winning a national Bikini title and representing South Africa on an international stage. She loves spending time outdoors and being active, as long as it is adventurous.



Nikita Fensham

Age: 24

Occupation: Student

Hometown: Cape Town

Nikita wants to become the epitome of holistic health and fitness, and to share her knowledge and passion with others to help them become physically fit, mentally strong and emotionally courageous.



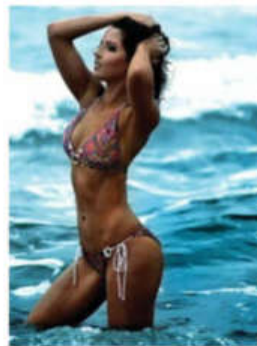
Chrisanne Liebenberg

Age: 25

Occupation: Pharmacist

Hometown: Nelspruit

Chrisanne's overriding goal is to appear on the cover of *fitness* mag, achieve first place at the Nabba SA Championships and compete at the federation's World Championship event.



Delia Kroll

Age: 33

Occupation: Sales manager

Hometown: Durban

Delia remains motivated to train and eat right by seeing how her body continues to change for the better year after year. This, she says, is what keeps her coming back for more.



COVER GIRLS LARA BESTER & INTERNATIONAL FITNESS PRO JEN JEWELL



Shannon Fennell

Age: 26

Occupation: Business owner

Hometown: Durban

Shannon hopes to place well at the IFBB Arnold Classic in 2016. Besides gym, she works hard to keep her business growing.



Nonhlanhla Linda

Age: 28

Occupation: Cashier

Hometown: Richards Bay

Nonhlanhla's goal is to personally grow within the fitness industry and hopefully obtain her pro card in the near future.



Raeesa Sarlie

Age: 21

Occupation: Student

Hometown: Johannesburg

Raeesa's ultimate goal is to achieve her pro card as a WBFF Bikini Diva. Her hobbies include horse riding, running and being outdoors.



Itebogeng Mashobane

Age: 28

Occupation: Personal trainer

Hometown: Centurion

When Itebogeng is not in the gym with clients or training, she likes to watch movies, listen to music, play squash, read or shop.



Jessica van Rooyen

Age: 19

Occupation: Administration

Hometown: Pretoria

When she is not working at her job as an administrator, Jessica enjoys compound bow shooting, trying new cooking recipes, reading and working out.



Logan Coleman

Age: 19

Occupation: Student

Hometown: Johannesburg

Logan is driven to constantly improve her physique by competing regularly. By constantly improving in her placings, she hopes to become a role model for other women.



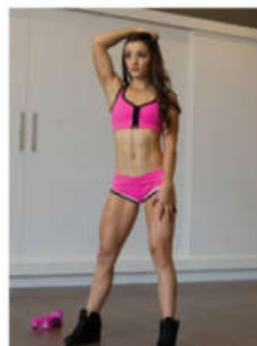
Jade Warman

Age: 26

Occupation: Marketing

Hometown: Durban

Jade has set herself the goal of placing in the top 10 at the IFBB Arnold Classic in 2016, and in the top three at SA Champs. Her hobbies include fitness, socialising, and rhythmic gymnastics.



Alexa Pentopoulos

Age: 20

Occupation: Personal trainer

Hometown: Johannesburg

She loves teaching people more about a fitness lifestyle. Her goals are to consistently build muscle and to remain lean all year round.

Lara Bester, winner of the 2014 USN Face of fitness cover model search competition, says that her decision to enter the competition was driven by a desire to put all of her hard work in the gym and in the kitchen into perspective. "I'm not one for the stage, so this was a great way to get acknowledgement for all my hard work."

Since then she has been busy building her online profile and her personal brand in the industry. "In addition to my role as a USN ambassador, which has seen me attend numerous events on the company's behalf, I have also become an ambassador for Brasilfit and Puma. The competition has really provided me with a great platform to build my brand." She has also improved and fine-tuned her approach to training and nutrition with assistance from the team at USN.

In her spare time she continues with charity work, including volunteering for the JAG Foundation and working with the NID Centre in Worcester that cares for handicapped people.

To keep up to date with Lara follow her on social media:

@LaraBester
 fLaraBester
 @besterlara1



GNC PUREEDGE™ DAILY POWDERED PB PEANUT SPREAD

GNC Puredge™ Daily Powdered PB peanut spread delivers premium protein from roasted peanuts and whey to support muscle recovery, repair and performance as well as omega



fatty acids from flaxseeds for healthy heart, digestion and joint support. With 88% less grams of fat and 63% less total calories than standard peanut butter, this convenient, guilt-free powder makes the perfect spread. Available in natural peanut butter flavour and natural chocolate flavour. The powder can also be added to recipes or smoothies for a delicious boost in flavour and protein content.

MCNAB'S SUPERCHARGE HI-ENERGY BAR

McNab's SuperCharge Hi-Energy Bar contains 470 calories, delivering 20 kilojoules per gram, which makes this snack bar one of the most energy dense bars on the market. However, this is not delivered from large amounts of added sugar. Instead it provides a balance of quick and slow release carbohydrates together with protein to ensure sustained energy, without the dips and hunger pangs associated with traditional sugar-rich snack. The 20% protein content is provided by a mixture of peanuts and milk. And the bar contains no artificial colourants, flavourants or preservatives, and is flavoured with a touch of Ghanaian vanilla and Kalahari rock salt, and is covered in Belgian chocolate.



CRAMPEASY ENER-GO

CrampEase™ Ener-Go not only increases your energy levels, it also boosts your immune system response and provides prevention and relief from cramps during physical activity.

The product contains vitamin B1 and B6, and creatine, along with fructose to provide added energy. The product's blend of antioxidant and immune-boosting ingredients include calcium inositol, glutathione, and vitamins D3 and C. The product is also stimulant-free.

Available in an orange flavour. Visit www.penpharma.co.za for more info.

SUPPLEMENTS

USN WATER SLIM PACKS

USN's Water Slim Packs contains Cacti-Nea™, a nutraceutical ingredient developed from *Opuntia ficus indica* cactus fruit or prickly pear.

This cactus fruit ingredient offers diuretic and weight management properties, and has been tested in animal and human studies that show it can reduce water mass to aid weight control, and to limit fat mass gain when taken at levels equivalent to that found in USN Water Slim. This cactus fruit ingredient is also a potent antioxidant. Available in strawberry flavour.



USN JOINS ABSA CAPE EPIC AS SPONSOR

USN has joined the Absa Cape Epic as its official sports nutrition partner and will now be a headline sponsor. USN's online store will enable riders to get all the nutritional information and the products they need to get ready for the Absa Cape Epic, and USN will have an activation zone at every race village to support riders. For more info visit www.usn.co.za.



PURE NUTRITION TECHNOLOGY PURE BLAST 2.0

Pure Blast 2.0, from Pure Nutrition Technology, is a combination of amino acids, B-complex vitamins and caffeine, for the ultimate energy boost.

B-complex vitamins are required to metabolise carbohydrates, proteins and fat into fuel required by working muscles during exercise. Caffeine and amino acids support endurance performance, limit muscle loss and help delay fatigue. They also promote muscle repair and growth over time. Available in Berry Explosion and Citrus Zing flavours.



100% PREMIUM. TESTED. PROVEN

WHEY MORE FLAVOURS TO LOVE!

ENJOY OUR NEW UNBELIEVABLE FLAVOURS



**100% PREMIUM MULTI-SOURCE PROTEIN FOR
COMPLETE MUSCLE RECOVERY AND GAINS**

NO AMINO SPIKING. TESTED BY A SANAS ACCREDITED LAB.

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LABEL INTERROGATION

LEARN HOW TO READ &
UNDERSTAND SUPPLEMENT
LABELS TO MAKE MORE
INFORMED PURCHASE
DECISIONS

As consumer awareness around added sugar, artificial ingredients and the calorie content of the foods we eat in modern society has grown many people have become proficient food label readers.

However, how many of us consider supplements as food, and how many of us even bother to read the labels on the tubs and bottles of whey, mass builders, pre-workouts and fat burners we buy in our quest for optimal health and the ultimate physique?

While the debate about whether supplements should be classified as food or as medicine rages on, it pays to understand what the labels on these products signify, and to factor these data into your daily diet.

FOOD OR MEDICINE?

As Mario van Biljon, co-founder of local supplement brands SSN and Supashape, explains, depending on the types and/or levels of the ingredients different laws and rules apply. "For most 'foodstuffs', labelling legislation is governed by the Department of Health. However, the inclusion of certain ingredients or ingredients above certain specified levels can result in the product being classified as a 'listable' or 'registerable' medicine." Medicines labelling is governed by the Medicines Control Council (MCC).

"The most important information that you should see and refer to on properly labelled nutritional supplements on the local market should include the ingredient statement, the nutritional table, and the vitamin, mineral and amino acid profile per serving," continues Van Biljon.



BRANDING AND PACKAGING

Mark Wolff, founder of supplement manufacturer 32Gi, adds that a product label, if done according to proper legislation, will empower consumers who have the right knowledge to make more informed buying decisions to better meet their performance-based nutrition needs.

"Firstly, it is important to understand that product packaging is there to attract potential customers and drive sales. It is therefore very easy for consumers to make a purchase decision based on the look, feel and the claims made on the front of a product. Unfortunately most buyers ignore the most crucial part of the product packaging which is the content in the nutritional table on the back of the product. And it's at the back for a reason – it's granular information that doesn't make a product look attractive and may seem confusing and overwhelming for uninformed consumers."

According to Wolff there is local legislation governing claims made on packaging but it is not proactively enforced to any significant degree. "There are, however, locally manufactured products that currently meet European standards where products are governed by the European Food Safety Authority (EFSA). In these cases the labelling needs to adhere to the strictest of standards as product naming conventions are not allowed to also be claims. Any claims need to be scientifically and medically proven and authorised as an approved claim by the EFSA. Unfortunately in South Africa we have not yet reached that level of policing and this is where consumers can be led into buying supplements based on unfounded or even dubious claims."

When consumers are able to look past the design elements, marketing speak and product

"THE MOST IMPORTANT INFORMATION THAT YOU SHOULD SEE AND REFER TO ON PROPERLY LABELLED NUTRITIONAL SUPPLEMENTS ON THE LOCAL MARKET SHOULD INCLUDE THE INGREDIENT STATEMENT, THE NUTRITIONAL TABLE, AND THE VITAMIN, MINERAL AND AMINO ACID PROFILE PER SERVING."

claims, and are able to read and understand the nutritional label, Wolff suggests that they then have the power to make informed decisions. "As with any contract, always look at the fine print. Turn that product around and interrogate the ingredient list because that is what you are actually buying."

KNOW YOUR INGREDIENTS

Van Biljon explains that the ingredient statement is simply a list of all the constituents in a particular formula. "You can consider it as the 'recipe' for the formulation, without listing the level of each ingredient. The most important thing to remember here is that according to current labelling legislation, ingredients in the product must be listed in order of descending concentration – the highest concentration in the formulation will be listed first and the ingredient with the lowest concentration listed last."

Wolff elaborates that this is extremely useful information because a simple glance at the first two or three ingredients listed will let you know what the product is primarily composed of. "Companies do not have to specify exact amounts when listing ingredients on the label to protect intellectual property rights. However, by analysing the ingredient list you get a pretty good idea of what is included."

You may also find ingredients that are represented by proprietary names, but Wolff says this is generally more prevalent in the United States. "Manufacturers may formulate a specific compound, like a specific combination of amino acids, and then register its name with the authorities. This name is then added into the ingredient list. Generally product labels will state the breakdown of these ingredients but sometimes there is just a trademark name and more in-depth analysis needs to be done to verify the content of it. In general it is best to avoid something if you don't understand all the ingredients in it."

Another point of contention is ingredients that are listed as numbers with an 'E' prefix before them. "Consumers often think these ingredients are hazardous, but this couldn't be further from the truth. The E-number system is a classification system used to identify food additives, many of which aren't necessarily bad for you. Some can be but, as an example, beetroot natural colour extract will be listed as E162 and carrot extract as E160a. However, some colours such as Quinoline yellow, denoted by the number E104, has been deemed to be hazardous. Manufacturers in the EU that use it in their formulations have therefore been requested to state on product labels that this product can have an effect on concentration in children. However, in South Africa it is not policed so consumers buy these products without knowing exactly



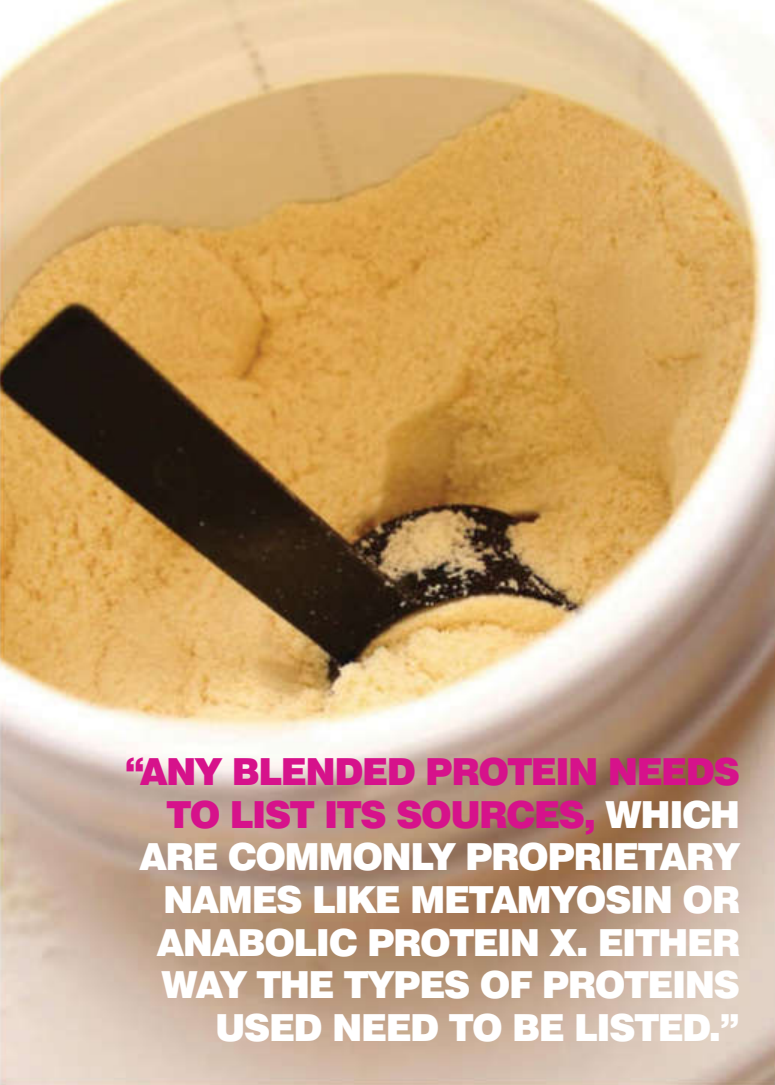
"COMPANIES DO NOT HAVE TO SPECIFY EXACT AMOUNTS WHEN LISTING INGREDIENTS ON THE LABEL TO PROTECT INTELLECTUAL PROPERTY RIGHTS. HOWEVER, BY ANALYSING THE INGREDIENT LIST YOU GET A PRETTY GOOD IDEA OF WHAT IS INCLUDED."

what the contents of the products are. Colouring and flavouring should always be taken into consideration when purchasing a product and the ingredients will definitely show you what has been included. It is best to go for natural colours and flavours whenever possible."

COMPREHENDING COMPOSITION

While nutritional tables often look confusing to uninformed consumers they're actually very simple to read once you know what you're looking at, says Wolff. "The table is broken down into a few sections. Firstly, at the top of any nutritional table is the serving size of the product. This is critical information as it will allow the consumer to determine how much of the product to use each time and what the composition of each

A SIMPLE GLANCE AT THE FIRST TWO OR THREE INGREDIENTS LISTED WILL LET YOU KNOW WHAT THE PRODUCT IS PRIMARILY COMPOSED OF.



“ANY BLENDED PROTEIN NEEDS TO LIST ITS SOURCES, WHICH ARE COMMONLY PROPRIETARY NAMES LIKE METAMYOSIN OR ANABOLIC PROTEIN X. EITHER WAY THE TYPES OF PROTEINS USED NEED TO BE LISTED.”

serving is.” Stating the number of servings in the container is a statutory requirement.

The nutritional table should also offer information on aspects such as the energy content and the macronutrient content per 100g. “A few important points to remember include the fact that the per 100g column is also a statutory requirement for products produced in South Africa. This allows consumers to make direct comparison between different brands and products. Conversely, the per serving listing is currently optional,” explains Van Biljon.

Some confusion can arise when people only refer to the per 100g content label, continues Wolff. “This can cause confusion if someone looks at the amount of carbs or protein per 100g as it may seem very high. However, more often than not, it does not reflect the actual serving size.” Most serving sizes are between 30-50g, depending on the product and formulation.

Van Biljon adds that another

important piece of information is the energy content of the product. In South Africa the energy content is listed in kilojoules (kJ), whereas in other countries such as the USA the term ‘calorie’ (kCal) is still used. “The kilojoule content of foods depends on the amount of carbohydrates, fats and proteins present in the food,” explains Van Biljon.

“If a consumer is following a calorie restricted diet it’s critical to understand the energy content of each serving,” adds Wolff. “If an athlete is using it as an energy product then the

portion, calorie content (derived energy) and macronutrient ratios will determine the suitability of the product.”

A DISCERNING EYE

Armed with this basic knowledge you’ll be able to make more informed decisions when faced with the wall of brands and products found in most supplement stores and pharmacies today. However, there are a few other important elements to consider before you swipe your card at the checkout counter.

When it comes to recovery and muscle building products, Van Biljon suggests that you pay careful attention to the protein content listed on the label. “Any added free-form amino acids shouldn’t be claimed against the protein content. If it is, there is a good chance the manufacturer is employing the practice of protein spiking – a means to increase label claims regarding protein content without using complete proteins.”

For example, a manufacturer might use a low-quality amino acid such as glycine, which has little benefit to muscle repair and development, because it is cheap – often a third or a quarter of the price of protein – and it also has a more palatable taste. The beneficial amino acids such as BCAAs and glutamine are more expensive than pure protein so there is no incentive to spike products with these substances.

“By adding glycine to a whey product offering 80g of protein per serving, for instance, you reduce both the cost and quality of the product. So look at the ingredient statement. If you see amino acids listed then ask why they are included in a whey or

diet protein product. Sometimes manufacturers won’t list added amino acids, despite the statutory requirement to do so. This is when buying quality verified products and those backed by independent, third-party assurance programmes is preferable.”

You may also find that products offer protein blends, perhaps in the form of whey, casein and soy. “Any blended protein needs to list its sources, which are commonly proprietary names like MetaMyosin or Anabolic Protein X. Either way the types of proteins used need to be listed,” continues Van Biljon.

SWEET IMPOSITION

The other important ingredient to look out for is added sugar. When considering products aimed at improving aesthetics, Van Biljon states that only mass builders and products that have a specific purpose, like insulin spiking, have a requirement for carbs and sugar.

Added sugar has also been given a really bad name in the food industry and for good reason. “It’s the most addictive foodstuff and it causes havoc with most people as it is over-consumed in our modern diets,” explains Wolff. “However, it is important to discern between the types of sugars used as some have a specific role in certain products.”

Sugar in its raw, natural state has a glycaemic index (GI) of around 64. “This ranks as medium on the GI scale which means the blood sugar spike won’t be excessive when consumed,” he continues. “However, when consumed in high volumes it can result in glycaemic loading. More specifically, fructose is a form of sugar that is often used due to its low GI. However, it has been shown to have health implications when consumed in high volumes. Accordingly, South African labelling legislation now dictates that fructose can no longer be used as an ingredient in products that claim to be low GI.”

According to Wolff, other types of sugars to be wary of include the milk sugars, lactose or galactose. “Also look out for



“ALSO LOOK OUT FOR MALTOS, DEXTROSE, GLUCOSE, AND HONEY. AS MUCH AS PEOPLE THINK HONEY IS HEALTHY IT’S A PURE SUGAR AND WHEN PROCESSED IT DOESN’T OFFER MANY HEALTH BENEFITS.”

"YOU MAY ALSO FIND INGREDIENTS SUCH AS MODIFIED STARCH, WHICH IS COMMONLY USED AS A THICKENER OR STABILISER. THIS INGREDIENT MUST BE LISTED IN THE CARB SECTION BUT SHOULD BE AT LOW LEVELS AND SHOULDN'T MATERIALLY AFFECT NUTRITIONAL VALUE."


maltose, dextrose, glucose, and honey. As much as people think honey is healthy it's a pure sugar and when processed it doesn't offer many health benefits. All the aforementioned sugars are labelled as sugars on a product."

"You may also find ingredients such as modified starch, which is commonly used as a thickener or stabiliser. This ingredient must be listed in the carb section but should be at low levels and shouldn't materially affect nutritional value," explains Van Biljon.

Wolff adds that due to their molecular structures these starches are often not classified as sugars on the label. "Depending on the type of starch used the effect they have on the body can be far worse than sugar. Maltodextrin and corn starch, for instance, have a higher GI than glucose, and vitargo is even higher. This often slips past the consumer's eye and these products are perceived to be ideal for low-carb or sugar-free diets when, in fact, they aren't."

This reiterates the point that sugars and carbs should

be included only when they fulfill a specific requirement, like increased glycogen production or restoration, or glucose availability during exercise. For instance, energy supplements should offer a blend of carbs and sugar, with 5-10% of its content coming from fructose. "Fructose is better at restoring liver glycogen than glucose, but athletes need more glucose-type sources to derive bioavailable energy during exercise. As such a combination is best, but with only a small amount of fructose," elaborates Van Biljon.

One final point to consider is the use of starches as a filler, which is sometimes done to bring down the cost of production. "This will reduce protein content per 100g, often to as low as 50-60g. Whey products should have a protein content that is closer to 75g or more. Flavouring systems and sweeteners will bring the protein content of a whey product down a bit – another reason why labelling a product as 100% whey contravenes labelling laws – so be wary of label claims to the contrary," concludes Van Biljon. 

In closing, Wolff states that it's important that consumers empower themselves with as much knowledge as possible to ensure they make the correct purchase decision.

"Understand the contents of what you are buying, always make sure that you have a snapshot of your health and understand what ingredients could impact you negatively if consumed. Remember, there are no shortcuts or miracle products. It all boils down to hard work in the gym, out on the road, and in the kitchen, and knowing what you're putting into your body plays a central role in that equation. Always put your health first, and only supplement a healthy diet with these products."



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NUTRITION

DEALING WITH DOMS

Ginger has the power to lessen DOMS – delayed onset muscle soreness experienced after exercise.

Ginger contains anti-inflammatory compounds and oils known as gingerols that have been shown to have analgesic and sedative effects in animal studies. In one study, published in The Journal of Pain, scientists got 74 adults to perform exercises that induced muscle pain and inflammation. Over 11 days the subjects ate either 2g of ginger a day or a placebo, with the ginger group experiencing up to a 25% reduction in perceived exercise-induced muscle pain 24 hours after a workout.



HEALTHY EATING MADE EASY

Daily Dietitian takes the hard work out of being healthy and provides consumers with the tools, knowledge, and a convenient support system to mitigate poor eating habits. This personalised meal delivery company focuses on providing fresh, nutrient-dense meals to customers who can select their preferred meal package online and have these meals delivered every day to their doorstep. Meals and snacks are created to ensure sustainable results based on a client's goals, while steering away from excessive amounts of nutrient-deficient 'food'.

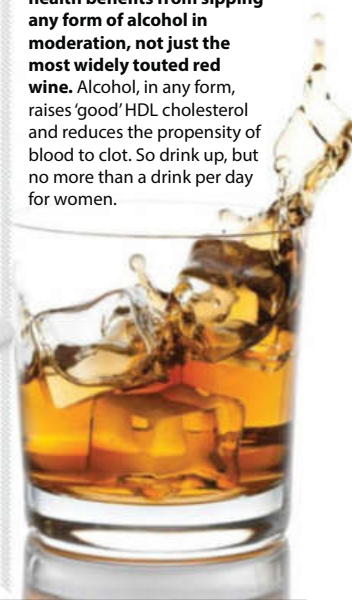
For more info visit <http://dailydietitian.co.za>.



A huge study of more than 25,000 coffee drinkers in South Korea has shown that moderate daily consumption – 3-5 cups a day – is associated with a decreased risk for coronary artery calcium.

THE 'ONE GLASS' ARGUMENT

Large population studies suggest that most people can enjoy at least some health benefits from sipping any form of alcohol in moderation, not just the most widely touted red wine. Alcohol, in any form, raises 'good' HDL cholesterol and reduces the propensity of blood to clot. So drink up, but no more than a drink per day for women.



Updated guidelines on daily sugar consumption issued by The American Heart Association recommends that women have no more than 26g of sugar a day (about six teaspoons).



GET MORE BLACK SEED OIL

Black seed oil (Nigella Sativa), derived from pressing black seeds (aka black cumin), is packed with nutrients and beneficial antioxidants offering various anti-inflammatory and anti-bacterial properties.

This type of oil has been used as a natural remedy for a variety of illnesses in the Middle East and South Asia for thousands of years. In addition, this oil has been shown to encourage the retention of young, healthy cells,

while eliminating old and unhealthy cells that could be cancerous. According to numerous studies, the use of a black seed supplement in conjunction with exercise reduces cholesterol, triglyceride, low-density lipoprotein, and overall BMI.

A BETTER ICE CREAM OPTION

Miss K Ice Cream Food gives everyone's favourite unhealthy cheat a healthier spin with a combination of alternative natural ingredients.

Initially developed by a doctor for fussy eaters, Miss K Ice Cream Food is free from preservatives and sucrose, and is fortified with concentrated protein and 18 different vitamins and amino acids. It also contains probiotics and highly concentrated extracts of tomato skins. Miss K is naturally sweetened with organic agave powder and Stevia. Order and pay online at www.miss-k.co.za or email online@40foods.com and you'll get your order

delivered. Regular flavours include double chocolate, malty vanilla, strawberry, milky chocolate, and berry bubble-gum. Banting range flavours include vanilla, coconut

(made with pure coconut oil) and double chocolate. Available in various size options from 500ml (R150) to a mixed box of 22 x 125ml cups (R600).



5 REASONS TO DRINK LEMON WATER

1

Lemons are a rich source of vitamin C.

2

Lemon water contains bioflavonoids which are powerful antioxidants.

3

Lemon water is a natural diuretic which promotes a healthy urinary tract and lessens the chances and severity of infections.

4

Lemon water is highly alkaline which helps to reduce acidity in the body and balances pH levels.

5

Lemons are a beneficial source of important minerals, including potassium, copper and calcium.

BONUS TIP: Get more from your cup of green tea by adding citrus juice. A study found that adding citrus juice to green tea preserved more of the tea's beneficial catechins – naturally occurring antioxidants – through the digestion process, which likely increases the amount available for the body to absorb.



AUTHENTIC TRACTOR NUT BUTTER RANGE

The Authentic Tractor range of nut butters, produced by Fresh Earth Bake House, have a sweet, mellow flavour and a rich texture that comes from the use of the finest, heart-healthy nuts. Several varieties of nut butters are offered, including smooth or crunchy textures, and options with a touch of agave nectar or a hint of salt. Almond nut butter (from R75) is a rich source of antioxidants, vitamin E, magnesium, calcium, phosphorus and monounsaturated fat. It has

no cholesterol and is a natural product free from additives or preservatives. Cashew nut butter (from R75) is high in potassium, calcium and magnesium. It has zero cholesterol and is a natural product with no additives or preservatives. Macadamia nut



butter (from R104) is a natural source of essential nutrients, omega-3 fatty acids, proteins and fibre. Coconut peanut butter (from R39) is a good source of vitamin E, niacin, folate, protein and monounsaturated fat. Organic extra virgin coconut oil and agave syrup have been added for natural sweetness. The range is sold on www.freshearthbakehouse.co.za and in the Fresh Earth Food Store, Dis-Chem, Spar, Pick 'n Pay and independent retailers.



POUYOUKAS POLENTA OFFICIALLY GMO FREE

Pouyoukas polenta is now GMO free. Polenta is a yellow maize meal that is nourishing and gluten free. Pouyoukas polenta has a creamy taste and can be boiled, fried or baked. It is a great alternative to rice, potatoes and pasta and works well as a base to which you can add toppings like sauces, cheese, vegetables and meat. For more info visit www.pouyoukas.co.za, follow PouyoukasFoods on Twitter or 'like' Pouyoukas on Facebook.

TRANQUINI® POSITIVELY RELAXED

Tranquini® Positively Relaxed uses crystalline Alpine water from Mount Zwolferhorn in the Austrian Alps, combined with herb extracts and other natural ingredients that help to relieve stress and reduce anxiety without making you drowsy. The beverage is lightly carbonated with a refreshing grape taste. There are no proteins, preservatives, alcohol, artificial sweeteners, animal products or substances derived from animals in the formulation. The product is also suitable for vegetarians and is certified Halaal. Available in 250ml and 355ml variants from selected Wellness Warehouse, Spar, Food Lover's Markets, and selected garage stores nationwide.



DITCH DRIED FRUIT

Dried fruit contains up to 80% less nutritional value than fresh fruit. Vitamin C is the most affected by the process, with 80% of this vitamin lost, with additional vitamin and mineral loss of between 10-50% common among the remaining micronutrients found in the fruits used for drying.

DID YOU KNOW

Both walnuts and pecan nuts contain more antioxidants than so-called superfoods blueberries, blackberries and cranberries.



NEW!



READ IT.
ANYTIME,
ANYWHERE



BY DANI WATERSTON, MA (Research Psychology), BA (Hons) Psychology and Consulting Nutritionist

DIETING PATTERN RECOGNITION

A POPULAR INTERNET MEME STATES: "I don't trust words. I even question actions. But I never doubt patterns."

"How often have you said, "that's it! Tomorrow I'm back on diet." Or how about "this time I am losing the weight and it is staying off!" Sound familiar? Yes, we may say we are going to do something, such as lose weight, lean out or exercise more. In fact, we may actually put those words into action. But how many times have you done so, only to find yourself right back at the beginning, repeating the pattern?

Weight cycling, off-season dieting, rebounding and yo-yo dieting are all one and the same – they all tend to end in the same place; one where we've regained all the weight we lost and are left dealing with the psychological devastation that failure brings with it. This can be defined as the repeated cycle of weight loss and regain which is so often the result of unhealthy starvation diets that are followed by binge eating.

Of course, no one wants to lose weight only to gain it all back. This may sound strange, but losing weight is actually the easy part. Consider this: when the weight-loss journey begins we receive compliments, our clothes fit better, and we adopt this new-found confidence that we never believed existed. Losing weight can actually be addictive and puts you on a type of high. However, what happens when the positive reinforcement stops and what seemed to be extraordinary is now, simply, ordinary? We become a bit despondent and disengaged. Studies have shown that low carbohydrate diets can

STUDIES HAVE SHOWN THAT LOW CARBOHYDRATE DIETS CAN ALSO CAUSE LOW SEROTONIN LEVELS, WHICH IN ESSENCE INCREASES SYMPTOMS OF DEPRESSION.

also cause low serotonin levels, which in essence increases symptoms of depression. When relating this to food it can result in 'food envy' when other people order 'normal' food. So what happens then? We tend to regress to our old unhealthy and unbalanced eating habits.

While we may feel that this regression is acceptable because we have reached our 'goal weight', it clearly isn't as it was the reason for your life change in the first place. What follows is every dieter's worst nightmare... rebound weight gain. Of course, the reality only hits home after

we have sat in denial for a while, but once your jeans don't fit anymore it becomes glaringly evident that all the hard work that was invested in 'project me' has been for nothing. You're back at square one.

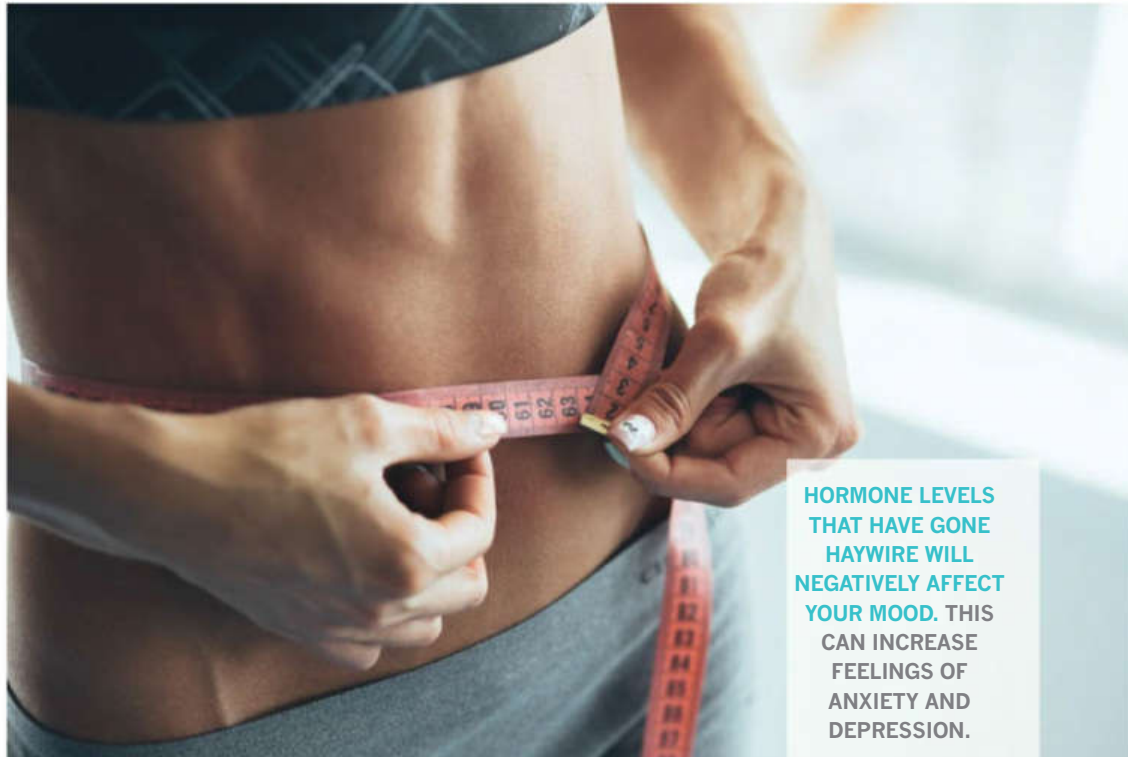
Yo-yo dieting in this manner can have serious health repercussions too. Rapidly regaining all that weight after losing it can affect hormones such as insulin and oestrogen, which negatively influence your ability to lose weight in future. Furthermore, this manner of eating has also been linked to health issues such as diabetes, insulin resistance and heart disease.

And then there are the psychological implications. Hormone levels that have gone haywire will negatively affect your mood. This can increase feelings of anxiety and depression, and your confidence can also take a knock when you're no longer able to close that top button of your jeans.

At this point many choose to

follow the same crash diet again – the same one that got them to this point – which is a mistake because, as the established pattern predicts, this attempt will also end in binging.

More often than not, the reason yo-yoing occurs is because diets are too strict and restrictive to start with. You need to live life to have a life, so it is crucial to adopt a diet that is manageable and maintainable. If you have a short-term goal, like looking good at an event or on the beach, it is likely that you will engage in some kind of a crash diet. However, by changing your goal to creating a more sustainable and healthy lifestyle you can actually nourish your body while still achieving your physique-oriented goal. As you aren't starving your body it won't cling to calories, and the yo-yo effect is quelled. And this is ultimately what is needed to break the pattern – a sustainable, slower route to your ideal weight, and one that will help you keep it off when you get there. **1**



HORMONE LEVELS THAT HAVE GONE HAYWIRE WILL NEGATIVELY AFFECT YOUR MOOD. THIS CAN INCREASE FEELINGS OF ANXIETY AND DEPRESSION.



About the author:

Dani Waterston is a competitive Bikini athlete and fitness model, a USN and E-Fit brand ambassador, and a consulting nutritionist. She also holds a master's degree in psychology. This combination of knowledge and experience has helped her create a foundation that enables her to understand health and fitness on a deeper psychological and emotional level.

PRODUCT REVIEW

REVIEW BY Angie Snyman, WBFF Pro

The last time I sat here writing about my favourite go-to products to help you improve your physique, I was preparing for the WBFF World Champs, taking place in Las Vegas. Now that the competition is over I find my focus shifting to the beautiful South African summer that lies ahead. For many of us this is the time of year when we want to look our best and feel our most confident, and what better way to improve our confidence than to feel good about our bodies and thus ourselves? Below are some of my favourite products that have helped me achieve my best body yet. I will continue using them throughout the summer months to help achieve my beach-ready physique...

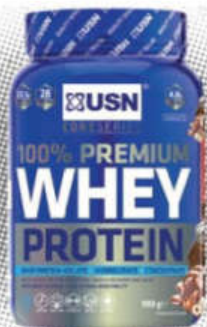


Phedra-Cut Lipo XT

I have mentioned this product on numerous occasions to many people, and even wrote about it the last time I gave you some tips and advice. This is for good reason. The new, improved version of Phedra-Cut Lipo XT has become a staple of my diet and supplement protocol. It contains enough caffeine to stimulate my central nervous system, provide energy, and pick up my mood without giving me jitters as I'm quite sensitive to caffeine. It

also includes the patent-pending Theacrine® which adds to the energy stimulation that this product provides. The new formulation also includes Phytofare™, a green tea extract with improved bio-availability, green coffee bean extract, as well as GarCitrin™ (Garcinia Cambogia extract). It's my secret weapon to keep me lean for summer.

★★★★★



100% Premium Whey Protein

Not all whey proteins are created equal, and USN's newest addition, 100% Premium Whey Protein proves this. With 73.4g of Protein per 100g, and less than 2g of sugar per serving it is my first option when it comes to whey protein, whether it is for a snack or post-workout to improve recovery from training. The protein sources come from a blend of whey protein Concentrate, Isolate and Hydrolysate which offers a great combination of high uptake speed,

improved recovery and purity. I have also been lucky enough to try the three, all-new flavours that USN has released and they're nothing short of incredible. Cookies & Cream, Caramel Cinnamon Doughnut, and Wheytella taste great, and also offer an ideal option to make smoothies and protein pancakes with a difference. Try them out, I guarantee you'll want more!

★★★★★

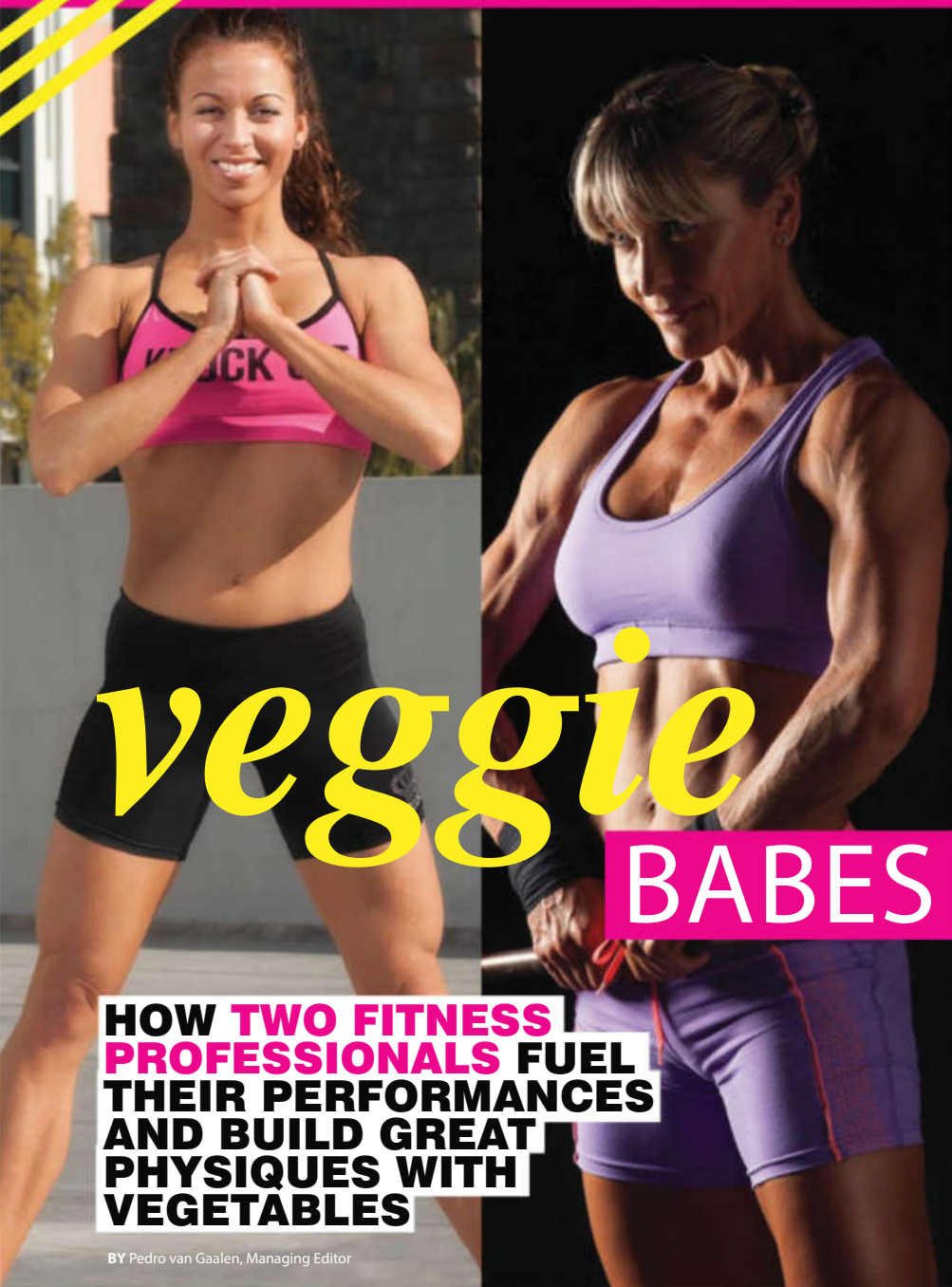


Collagen & CLA

Our modern day lifestyles subject many of us to an array of refined and processed foods, longer hours sitting in traffic or at the office, less leisure time and fewer opportunities to exercise, as well as ever increasing exposure to environmental pollution and increased oxidative stress. All of this can potentially lead to signs of premature ageing. My secret weapon to combat this, while still aiding my fitness and physique goals, is the great tasting Collagen & CLA drink. The

drink includes 10g of Peptan Type-I Hydrolyzed Collagen, which improves the appearance of skin while providing joint health benefits, and 2.1g of Tonalin® Conjugated Linoleic Acids (CLA) per daily dose. I drink it after every solid meal during the summer months, which helps me with my water intake and keeps me lean and toned. This is another product that you'll love!

★★★★★



HOW TWO FITNESS PROFESSIONALS FUEL THEIR PERFORMANCES AND BUILD GREAT PHYSIQUES WITH VEGETABLES

BY Pedro van Gaalen, Managing Editor

Increasingly the world's population is finding that the Westernised diet, characterised by refined and overly processed convenience foods, and an over-reliance on questionable farming practices such as genetic modification and various forms of chemical assistance, is to blame for much of the ill-health experienced by so many today.

With this as the backdrop, an increasing number of people around the world are turning to the natural food movement to restore their health, vitality and wellness. For some this simply means buying more whole, natural food. Others choose to go one step further by choosing only organic. And then there are those who have chosen to shun commercially farmed animal products, preferring to rather rely on foods derived directly from mother earth.

Vegetarians choose to not eat meat, fish, or poultry, but may still consume animal-derived products such as dairy and eggs. Vegans, on the other hand, do not use any animal products at all. Moreover, veganism is a way of living which seeks to exclude, as far as is possible and practicable, all forms of exploitation of, and cruelty to, animals for food and other purposes.

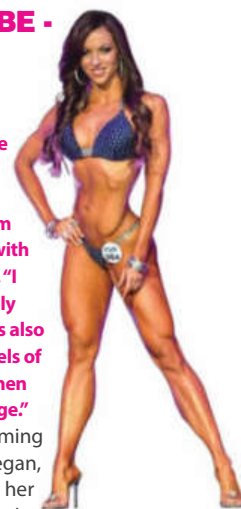
In addition to the numerous benefits, both of these dietary lifestyles have their challenges and drawbacks, not least of which is a perceived lack of the protein needed to develop muscle tissue. To gain a deeper understanding of these implications *fitness* magazine spoke to two fitness professionals who have chosen to follow a meat-free lifestyle.

THE VEGGIE BABE - JODY CALITZ

WBFF pro Bikini Diva athlete and previous USN Face of fitness finalist Jody Calitz decided to test out veganism in 2013 after hitting a wall with traditional stage prep diets. "I felt exhausted, both mentally and physically. My body was also showing signs of higher levels of acidity and toxicity. It was then that I knew I needed a change."

Jody explains that becoming a vegetarian, and later a vegan, helped detoxify and purify her body. "My reliance on animal products such as whey, chicken, meat, and dairy made my body very acidic. While I might have looked good, I felt a mess. My hair was thinning, I suffered from regular breakouts, I had a strong sweat odour, and I suffered from poor digestion."

According to Jody, when the body is acidic and toxic like this it starts to "erode itself, much like a car that is parked at the seaside. The corrosive nature of the ocean air causes the metal to erode over time, which is pretty much what happens to the body when it is acidic. Generally one doesn't see the problem immediately so it may only present later in life, but I was already experiencing symptoms which was highly concerning for me."



Jody cut out dairy, fish and eggs.

THE CHOICE

At that stage Jody says that she had been competing for three years. "As much as I loved the sport, I wasn't functioning well on the typical 'prep' diet. I was struggling to keep up so I then decided to prepare for the 2013 Mr & Miss Fitness show on a vegan plan. After the event I felt so good that my vegan lifestyle progressed from there."

After the show, Jody says that she adopted a vegetarian approach to eating, which meant she still ate eggs and fish on occasion. "It was easier in terms of versatility and social situations. Then I slowly began to experiment more with food, and as I gained in confidence I transitioned more toward a vegan diet. In January 2015 I became completely vegan, which meant I no longer ate dairy, meat, fish or eggs."

Her choice to go vegan was also prompted by her love and passion for animals and the environment. "It is the emotional rationale for my lifestyle choice. Being a vegan reduces your carbon footprint and doesn't result in cruelty to animals through slaughter and

other inhumane farming practices. I like to think it is my little contribution to saving the planet," she explains.

Putting the idealism aside, what about the practicality? Can someone as active as Jody, who relies on above average amounts of muscle to compete on the global stage, really succeed on a vegan diet?

"This is definitely the question I get asked most often, and I always retort with an anecdote about the biggest land mammal, which just happens to be a herbivore. I always ask 'how do you think an elephant gets so big and strong from eating just leaves?' The answer is simple – plants provide all the amino acids your body needs to form proteins, if you know where to find them that is."

Jody explains that she eats a lot of veggies and a large variety. "It is this variety that is key as all the different amino acids found in them combine to give my body the profile needed to form complete proteins." However,

Being a vegan reduces your carbon footprint and doesn't result in cruelty to animals through slaughter and other inhumane farming practices. I like to think it is my little contribution to saving the planet.

this has been made that much easier thanks to the large variety of plant protein powders available today. By combining a comprehensive and varied vegan diet with supplemental plant protein powders Jody gets more than enough of what her body needs.

"If I wasn't getting enough my recovery after workouts would be slow. As a consequence I would be exhausted and unable to gain good quality muscle. In reality it is the exact opposite. Preparing for shows on a vegan diet is amazing. I have so much

energy and I feel 'lighter' physically. My mental and emotional state is also much clearer. Everything seems to function at its best and although I have not been at my leanest when stepping on stage, I have definitely been at my healthiest. This has made a huge difference in my life. My skin quality and tone is amazing, and both my hair and skin are radiant. My muscle development and recovery have also improved, along with muscle density. That inner energy and 'spark' also seems to shine through, which shows on stage."

She admits that it can still be challenging when it comes to social events, but the number of people who are more openminded and accommodating to this way of eating is growing. "So many of my friends make adjustments where they can or understand when I have to refuse certain things. One still gets narrow-minded individuals who don't understand and tend to make fun with the usual 'bunny hugger' jokes, but I just smile and laugh it off. We all have to do what works best for us."

If these benefits and the lifestyle appeal to you, Jody suggests that you start the transition in stages. "Start by eliminating meat from various meals in a progressive manner. Then try going vegetarian and see how you feel. If that goes well then slowly transition over to veganism. I would definitely recommend getting a proper vegan eating plan from a qualified professional. This will ensure you have the blueprint as to what, when and how, and will ensure that you get the variety you need to avoid health issues or problems down the line."

For more info on Jody and her lifestyle visit www.theveggiebabes.com. You can also follow her on social media where she shares many of her recipes, ideas, guidelines and tips to inspire her followers and help them achieve amazing health and shape through the power of plants.

FOR MORE INFO ON JODY:

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Some of the strongest beasts that roam the earth, such as the elephant, rhino, and buffalo, are all vegetarian.

When people see a headline like 'vegetarian powerlifter breaks deadlift record' they're forced to challenge commonly held beliefs such as 'how can a vegetarian possibly be so strong?'

VEGGIE POWER – MICHELLE LETCHER

National record-holding powerlifter and personal trainer Michelle Letcher (who we featured in our September/October 2015 issue) decided to adopt a vegetarian way of eating as she wanted to take control of the things in life that she could change for the better.

"So many people today are ill or depressed due to stress, yet no one I know actually wants to live like that. While many of these elements are out of our control, like rising poverty, crime and the state of our economy or politics, the most important aspect to our ultimate wellbeing is our health, and that is something we can definitely control," she says.

While Michelle admits that it is not always easy, she decided to take control of her health by becoming a vegetarian 10 years ago. "Most people have lost touch with their health because everything else seems to take precedence. We're often too busy to exercise or there is not enough time to prepare healthy meals, that is until we get sick and are then forced to pay closer attention to the most magnificent machine ever created – the human body."

In addition, Michelle also feels that our actions, particularly the manner in which mankind has chosen to meet its insatiable food requirements, impacts on everything around us. "In my view our quest for health should extend beyond just our diet and exercise programme. We need to make sure everything else around us achieves a basic level of health too. We can therefore choose to be part of the problem or be part of the solution. I personally enjoy seeing nature and the wildlife it supports thrive. It makes me feel alive. I therefore choose to follow a lifestyle that supports and benefits the world around me, even if it is just in some small way."

Having decided to make the change Michelle says that her body struggled to adapt to this way of eating initially. "The first six months were challenging while my digestive system adapted to the sudden changes in diet. The other challenge

was educating myself and finding new sources of protein. This remains a major challenge when going out to restaurants as there is a general lack of variety, particularly when it comes to vegetarian protein options. But when we're at home my husband, who is a vegetarian master chef, comes up with the most amazing, creative, and nutritious vegetarian meals."

According to Michelle, changing misconceptions about vegetarians and vegetarianism is also a constant battle. "Say the word vegetarian and the first picture that comes to most people's mind is an unhealthy anaemic person who is deprived from all the joys of life that supposedly come with eating all that 'tasty' meat. So when people see a headline like 'vegetarian powerlifter breaks deadlift record' they're forced to challenge commonly held beliefs such as 'how can a vegetarian possibly be so strong?' I always laugh at this because it just shows our lack of understanding of the human body and how it works."

Much like Jody's explanation, Michelle and her husband share the anecdote that some of the strongest beasts that roam the earth, such as the elephant, rhino, and buffalo, are all vegetarian. "So why should it not be the same for humans? I guess I am living proof that we can achieve amazing physical feats without meat-derived protein."

However, it did take some time for her plant-powered strength to emerge. "Over the years I have built a solid foundation of physical activity, from playing provincial volleyball and my time in conventional gyms, to my days as a CrossFitter and now a powerlifter. The key factor in this equation has been constant and steady progression over time. I can honestly say that I have never trained as hard as I do now. My body is put to the test on a daily basis, and I have never been this strong. The key, whether you're vegetarian or not, is to make sure you give your body the fuel it needs to perform. Feed it with the right amount and combination of nutrients, at the right time and you have a winning formula."

According to this insight, Michelle now spends a lot of time with her clients to build a solid base for them, and then they slowly progress from there. "However, there are many other aspects that need to be taken into consideration, from our genetics, medical history, and training methods, to our mental strength, attitude, commitment and dedication."

For those of you who are already vegetarians or those thinking about becoming one, Michelle's advice is to do your research and educate yourself. "Speak to those who have already adapted to this way of life successfully, and get guidance from an experienced and qualified professional." **1**

FOR MORE INFO ON MICHELLE:
For assistance or advice contact Michelle on michlletcher@gmail.com or get in touch via Facebook.



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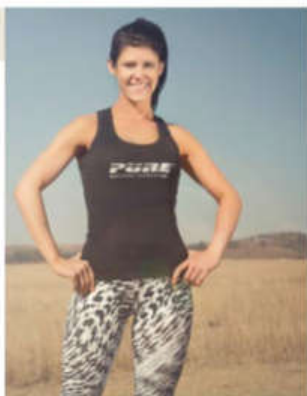
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PURE *inspiration*

HOW JOHANKA SMIT OVERCAME A DEBILITATING MEDICAL CONDITION TO LOSE 75KG AND COMPETE ON STAGE!

For years Johanka Smit had suffered with debilitating headaches. She would often pass out and could even lose her vision and hearing

for short periods of time. After one severe episode when she lost consciousness, Johanka was taken to hospital where they performed an MRI.



"What was initially thought to be epilepsy turned out to be a condition called idiopathic intercranial hypertension (IIH)," she explains. This condition is a neurological disorder that is characterised by increased pressure around the brain in the absence of a tumour or other diseases.

The seriousness of the condition prompted doctors to initiate immediate treatment, which included invasive procedures like lumbar punctures – the removal of cerebrospinal fluid from the lumbar region of the spine to both test for the condition and also help alleviate the pressure build-up – and the use of corticosteroids.

"The doctors decided to put me on a high dose of cortisone, a powerful corticosteroid

that helps reduce swelling and inflammation," says Johanka. Unfortunately this drug has a few undesirable side-effects, particularly at high doses, such as an increased propensity to store body fat, and it also increases appetite. "I started to eat a lot and my choices in food weren't the best," she recalls.

Corticosteroids also fatigue the adrenal glands, which are important regulators of metabolism. The combination of the medication and a poor lifestyle with lots of junk food meant Johanka's weight soon ballooned to 133kg.

"It was awful. I couldn't fit into any of my old clothes and, worse still, I became the victim of bullying. When we would go out in Pretoria guys would call me derogatory names due to my weight, or mock the fact that I was out of breath after climbing up a flight of stairs."

The constant abuse, which was both verbal and physical, eventually became too much for her to handle, so she withdrew. "When guys started throwing bottles at me and I got pushed down a flight of stairs I decided it wasn't worth leaving my house."

TIME FOR A CHANGE
At the time Johanka was studying

JOHANKA FELT MORE EMPOWERED TO TAKE CONTROL OF HER SITUATION AND DEAL WITH HER SEEMINGLY OUT-OF-CONTROL WEIGHT GAIN.



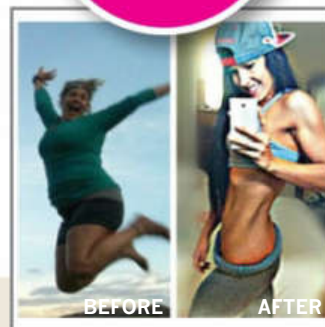
for a diploma in sport and muscle science at Tuks. "While I didn't fit the mould of a typical health and fitness professional at the time I have always been passionate about the industry and was determined to make a career of it," she explains.

As she progressed with her studies Johanka felt more empowered to take control of her situation and deal with her seemingly out-of-control weight gain. "I started doing more research about diets and suitable training programmes to build on the theory I had learnt from my lectures and text books."

She then formulated a plan and despite feeling very uncomfortable in the gym environment she began doing cardio three times a week for 40 minutes at a time. As her knowledge grew and her understanding of the weight-loss process advanced Johanka started following a more suitable diet and adopted a more diverse exercise programme; one that included weight training.

"I had to be cautious though. I couldn't do any activity that increased the pressure in my head, such as high-intensity cardio or very heavy lifts." Her approach to weight loss also had to be adapted as she couldn't use any supplements that contained

**SHE
LOST
75KG!**



any type of vasoconstrictor, such as stimulants, as these substances increase blood pressure.

"Through my own efforts and research I was able to get from 133kg in 2013 to 58kg at the start of 2015. I was driven by a desire to show people that a transformation on this scale was achievable, even when faced with life-threatening health issues. I also wanted to prove those bullies wrong, and I wanted to become an inspiration to other women who may be in a similar situation to mine."

At this point Johanka was battling to tighten up a few areas and get rid of some loose skin so she sought the advice of an experienced trainer. "A friend of mine had been working with Jack Lotter from Sherriff Training Systems and she suggested that I contact him. I told Jack that I wanted to look 'ripped' and that I wanted to finally feel comfortable in my body, and he agreed to take me on as a client."

Initially there was no talk of stepping on the competitive physique stage as Johanka is admittedly a shy person. "However, when it was announced that the Rossi Grand Prix was going to offer a transformation division, sponsored by PURE Nutrition Technology, we decided to enter. At that stage I had

**THE ROSSI GRAND
PRIX WAS GOING
TO OFFER A
TRANSFORMATION
DIVISION,
SPONSORED BY
PURE NUTRITION
TECHNOLOGY.**



Johanka has now set her sights on competing at the IFBB Arnold Classic in 2016, which is being hosted on African soil for the first time. "My ultimate goal would be to stand on the Olympia stage in the Fitness Bikini division. However, my immediate focus is on getting better and I will then focus on the next show."



achieved great results, so after a bit more convincing I decided to give it a go."

With that Johanka began her prep for the stage, which wasn't easy as her health had taken another turn for the worse. "Due to all the lumbar punctures my spine had become weak and eventually one of my vertebrae cracked. This released a lot of fluid and bone marrow, which eventually accumulated around some of my vital organs. I actually ended up in hospital before the show to treat the condition, but decided to check myself out so that I could appear on stage and achieve my goal."

UNEXPECTED WIN

Feeling extremely weak on stage, Johanka battled through the competition and when her line-up was finished she went back stage and collapsed. "I never entered expecting to win so I thought my night was over." However, there was a lot more in store for her that evening...

Directly after her appearance

on stage, Sean Pettit, Managing Director of PURE Nutrition Technology, went back stage to share his admiration for her story and her bravery, and also to offer her a sponsorship deal regardless of the outcome of the competition. "Johanka's determination and commitment aligns with the values and ethos of our company which is why we wanted to be associated with her regardless of the final result," explains Pettit.

However, the judges seemed to share his sentiments on the night and awarded Johanka the title of Most Inspiring Female Transformation. "When my name was called out as the winner I was too weak to walk. Jack and I decided that the only way I could make it out there was if he carried me. It caused some controversy as many thought my show prep had caused me to collapse, but the truth is that it was an underlying condition."

Johanka returned to the stage to collect her award, along with her R10,000 cash prize and a year-long sponsorship and endorsement deal worth over R24,000 from division sponsor PURE Nutrition Technology.

I ENDED UP IN HOSPITAL BEFORE THE SHOW TO TREAT THE CONDITION, BUT DECIDED TO CHECK MYSELF OUT SO THAT I COULD APPEAR ON STAGE.

"It was such a great experience and I'm glad I didn't miss it, despite my frail state. It is such a huge opportunity and I am extremely proud to represent this leading supplement brand."

With that she headed straight back to hospital, which seems to have become part of her routine these days. Johanka says her biggest challenge now is staying on track with her training due to the constant need for medical treatment. "When my LH flairs up I need another lumbar puncture and can spend up to two weeks in hospital," she explains. "However, I decided to keep on competing as I want to show others that you can overcome your challenges. I really want to inspire people."

STATS

LIVES: Pretoria

PROFESSION: Personal trainer

WORKS: Faerie Glen, Pretoria

WEIGHT BEFORE: 133kg

CURRENT WEIGHT: 58kg

FAVOURITE CHEAT MEAL:

Sushi and nachos

FAVOURITE HEALTH MEAL:

Raw salmon with asparagus and pineapple

SUPPLEMENT STACK:

PURE Whey

PURE Acti-women daily pack

PURE EFAs

PURE Vitamin C 1000

PURE Bio Active B

THE NEXT PHASE

With this as her motivation she decided to prep for the WBFF SA show and was once again rewarded for her efforts in the transformation division.

"It meant I would head to Las Vegas for the World Championships in June. It was an amazing opportunity and an unforgettable experience, especially as I got to meet my idol, Iris Kyle. I posed for a pic with her which she then posted on her wall in her shop."

Johanka hopes her story will continue to inspire other women. "I want to help them overcome any challenges they may be facing, help them change their lifestyles, and assist them in achieving their goals. My transformation has taught me that anything is possible if you work hard enough at it. It also taught me to believe in myself again, something I have struggled with since my health problems started. It has also given me a renewed sense of self-confidence which was so cruelly taken from me by all the bullying and name calling. Most importantly though this journey has taught me the importance of putting your health first, no matter what. The perfect body means nothing if you don't have the health and vitality needed to enjoy it."

For many who step on stage and experience the exhilaration of competition, the proverbial bug often bites. With that every subsequent contest on the calendar becomes another opportunity to once again experience the high that comes with competing.

While the desire to stand in as many line-ups as possible to keep progressing is an admirable trait, and gaining experience is important, competitive physique competitions take a massive toll on every competitor.

The question competitors should ask themselves then is not "when is the next show?", but rather "what shows should I do, and how many of them should I enter?" Blindly stumbling from one show to the next is a recipe for disaster. Answering these questions correctly is important to ensure the longevity and, hopefully, the ultimate success of your career as a physique competitor.

*Balancing
your health
and the
number of
shows you
compete in is
key to career
longevity.*



Pictured here from left to right: Alana Kruger, Lee Chaldecott, Sarah Hall, Jenadine Havenga, Chantal van Loggenberg

THE BIKINI COMPETITOR

THE POWER OF PERIODISATION

As physique competitors, there is no reason we shouldn't think along the same lines as athlete from other sporting codes when it comes to planning your season. The key principle that every serious athlete uses to ensure they perform at their peak at a few select events each season is periodisation.

This is achieved by selecting specific competition dates and then working backwards to systematically plot out specific blocks or cycles. From this season-long framework, meal and training plans, prep cycles, re-feeds and your recovery and off-season cycles can be planned in greater detail. When doing so, a meticulous and calculated decision-making process is required to ensure your performance goals (in this

case aesthetics) are reached and that your recovery requirements are met.

As an example, consider a marathon runner. She will need at least 6-8 weeks of recovery following a marathon to effectively conquer the next one if she wants to perform at her best again, while also reducing her risk of injury. Her race diary will be set at the start of her season, which means she will know exactly which races she will be running throughout the season. A few races will be scheduled as part of her training, to be used to gauge her fitness and condition or possibly qualify for a target race. Over and above this, her off-season and pre-season training will be planned, along with her diet, prehab and recovery requirements according to her overall goal or goals.

As a physique athlete your approach to planning your season should be no less meticulous. Whether the federation you have chosen to compete in has qualifiers or not (if you have even chosen to compete in a specific federation), regardless of if you are an amateur or a pro athlete, your calendar, including your training, diet cycles, prep plans, shows and supplement prerequisites should be prepared and finalised before you lift your first dumbbell.

However, there is one extremely important difference to consider. Because of the nature of contest prep, physique athletes don't always have the luxury of entering shows as practice for their

main events. You see, each show and the restrictive dieting and intense training that is required to reach the stage and contend for a podium spot, imposes stress on the body, both from a physical and mental perspective. Let's face it, no prep cycle is ever the same and no form of contest prep is easy. While being organised and focused will make the process more enjoyable, and the results more attainable, it is by no means easy.

While the constant visible changes to your outward appearance may keep motivation levels high, it is what we can't see that requires even greater consideration and attention in the planning process.

The risks associated with doing too many shows in a short space of time are enormous, but the more serious implications include:

- Catabolism or loss of muscle mass,
- Burn-out (both physical and mental),
- Central nervous system (CNS) fatigue,
- Metabolic damage (slower metabolism due to prolonged periods on a deficit diet),
- Shifts in hormonal balance,
- Physical injury,
- Emotional imbalances,
- Stress in personal, family and work relationships and situations.

▲ **A MARATHON RUNNER WILL NEED AT LEAST 6-8 WEEKS OF RECOVERY FOLLOWING A MARATHON TO EFFECTIVELY CONQUER THE NEXT ONE IF SHE WANTS TO PERFORM AT HER BEST AGAIN.**



QUANTIFYING THE EFFECT

The main question you're probably asking yourself now is, "what is the correct number of shows one should enter then, and what is the appropriate amount of recovery time between each?" Unfortunately there is no equation for this, and there is no science to back up a specific number.

To determine the right balance of contest prep, number of competitions and recovery time will require some degree of reliance on anecdotal evidence to establish a conservative guideline, and then personal experience and common sense to fine tune the formula to best suit you.

The number of shows you should do will vary depending on the category you compete in, as well as your genetic predisposition to the physical stress of training (things like rate of recovery and susceptibility to injury vary greatly between individuals, for instance), and the physiological stress of depletion, together with the side-effects of the supplements you use (particularly thermogenic fat burners).

From my personal and professional experience, I have

seen negative side-effects manifest in myself and my clients when doing more than four shows a year. Most pros opt for just one or two shows a year, but it is safe to say that competing at the highest level of the sport requires extreme prep.

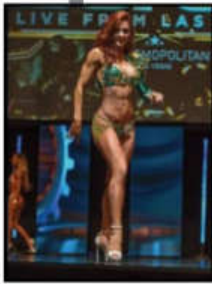
We also know that there is an 'anabolic window' period following a show, provided you followed best-practice guidelines in your prep phase. During the 1-3 days after a show an increased calorie intake, otherwise known as a 're-feed', can result in gains in muscle mass without too much danger of increasing body fat levels. This can be extremely useful for those competing in multiple shows a year. Some coaches will therefore make use of regular and strategic re-feeds during contest prep cycles to maximise this effect. However, the risks of burnout, metabolic damage and injury if sufficient rest is not

taken remain high and need to be acknowledged.

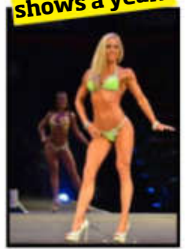
One final consideration worth noting is that body building, be it among men or women, is a sport where athletes are judged against set criteria such as body symmetry and conditioning, in addition to how you compare to your counterparts on stage. As such, saying that you're going to try to improve your condition for the next show is sometimes not enough. You may be in the best shape of your life and may have fulfilled your genetic potential, but your competition may still be better in comparison. Therefore, when planning your season it is worth considering your fellow athletes and closest rivals. This may affect which shows you select and how many of them you plan to enter.

To ensure a successful

season, however you choose to benchmark that success, and maintain your health and sanity throughout the year, it pays to sit down with a qualified and experienced coach or a seasoned athlete to plan your season from start to finish, before you set off on that path. Assess where you stand at the offset with regard to your body composition, weight, level of conditioning, and your strengths and weaknesses from a purely aesthetic standpoint. Work to get these right during the off-season phase. Then set conditioning goals, posing practice, and finalise a supplement plan and your prep diet ahead of your first show. Keep a training diary to track progress against your established goals and keep reassessing to ensure you stay on track to reach your four (or less) shows during the coming contest season. **1**



Most pros opt for one or two shows a year.



PHOTOGRAPHS OF Sarah Hall by Soulby Jackson



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ALL THE LATEST ACTION FROM THE COMPETITIVE PHYSIQUE STAGE SHOW COVERAGE

The months of September and October are always abuzz with activity on the local competitive physique calendar as all the major

federations host their national championship events and the biggest private shows take place at the peak of the South African season.

PHOTOGRAPHY BY Soulby Jackson
(www.skjphotography.co.za)



TONED BIKINI O/1.65M & MISS BIKINI 35+
Leigh Cabral



TONED BIKINI 40+
Vivian Goosen



MISS FIGURE O/1.65M
Amanda Strydom



MISS FIGURE U/1.65M & OVERALL MISS FIGURE:
Nadine Yates



MISS NATURAL BEACH BIKINI & MISS BIKINI OPEN O/1.65M
Caylene Marais



MISS BIKINI OPEN U/1.65M
Alrieta de Wet



MISS TONED BIKINI U/1.65M
1. Natascha Oosthuizen



MISS FIGURE 40+
Sophia Potgieter

2015 ROSSI CLASSIC

WHEN: 19 September 2015
WHERE: Heartfelt Arena, Pretoria

RESULTS:

MISS FIGURE U/1.65M

1. Nadine Yates
2. Leonie van Jaarsveld
3. Mia Raad

MISS FIGURE O/1.65M

1. Amanda Strydom
2. Bianca Lyon

MISS FIGURE 40+

1. Sophia Potgieter
2. Amanda Strydom
3. Christeline Harmse

MISS TONED BIKINI U/1.65M

1. Natascha Oosthuizen
2. Jenine van der Merwe
3. Lee Chaldecott

TONED BIKINI O/1.65M

1. Leigh Cabral
2. Susan Keil
3. Monique Lopes

TONED BIKINI 40+

1. Vivian Goosen
2. Susan Keil
3. Leigh Cabral

MISS NATURAL BEACH BIKINI

1. Caylene Marais

2. Courtney Renniers
3. Logan Coleman

MISS BIKINI MODEL U/23

1. Alrieta de Wet
2. Monique Lopes
3. Courtney Renniers

MISS BIKINI OPEN U/1.65M

1. Alrieta de Wet
2. Kim Dowden
3. Nastassja Welgemoed

MISS BIKINI OPEN O/1.65M

1. Caylene Marais
2. Monique Lopes
3. Logan Coleman

MISS BIKINI 35+

1. Leigh Cabral
2. Hilary de Beer
3. Delene dos Santos

OVERALL MISS BIKINI:

- Alrieta de Wet

OVERALL MISS TONED BIKINI

- Natascha Oosthuizen

OVERALL MISS FIGURE

- Nadine Yates

IFBB SA NATIONAL CHAMPIONSHIPS

WHEN: 5 & 6 September 2015
WHERE: Sandton Convention Centre



LADIES BEACH BIKINI U/1.63M
 Anesca Gouws



LADIES BEACH BIKINI O/1.63M:
 Leana Viviers



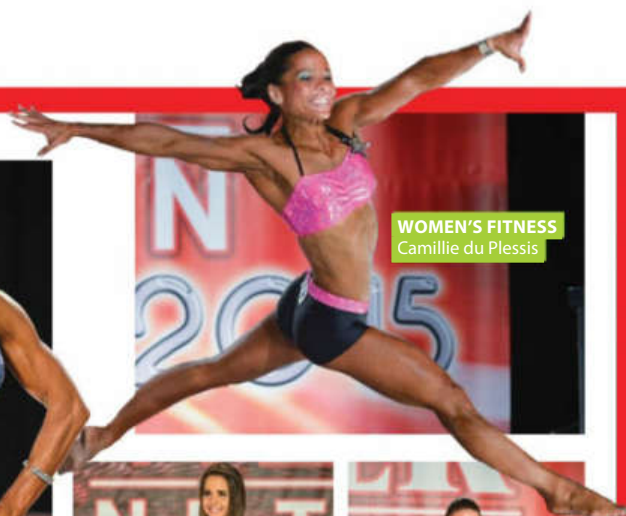
LADIES FITNESS BIKINI OVER 35
 Jo-Anne van der Vlugt



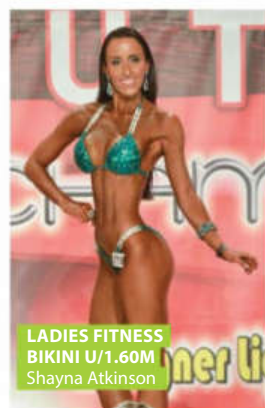
JUNIOR LADIES
 Alex-Maud van der Westhuizen



LADIES BODY FITNESS U/1.63M
 Michelle Guest



WOMEN'S FITNESS
 Camillie du Plessis



LADIES FITNESS BIKINI U/1.60M
 Shayna Atkinson



LADIES FITNESS BIKINI U/1.63M
 Nicolene Booysen



LADIES FITNESS BIKINI U/1.66M
 Zea Meyer



LADIES FITNESS BIKINI U/1.69M
 Carmen Botha (Overall Ladies)



LADIES FITNESS BIKINI U/1.72M
 Cindy Royle



LADIES BODY FITNESS U/1.58M
 Karen de Beer (Overall Ladies Body Fitness Winner)

RESULTS:

LADIES BEACH BIKINI U/1.63M

4. Anesca Gouws
5. Kelly Ainsworth
6. Naadiya Rawat

LADIES BEACH BIKINI O/1.63M:

1. Leana Viviers
2. Zinja Campher
3. Tanya Snyman

LADIES FITNESS BIKINI OVER 35

4. Jo-Anne van der Vlugt
5. Angela Howden
6. Dalene Crossen

JUNIOR LADIES

1. Alex-Maud van der Westhuizen
2. Candice Schaller
3. Amore Coetzee

WOMEN'S FITNESS

4. Camillie du Plessis

LADIES FITNESS BIKINI U/1.60M

4. Shayna Atkinson
5. Cecile Swart
6. Shannon Fennell

LADIES FITNESS BIKINI U/1.63M

1. Nicolene Booysen
2. Marjorina Bruys
3. Anelda Jansen van Vuuren

LADIES FITNESS BIKINI U/1.66M

4. Zea Meyer
5. Quenita Breet
6. Angelique Viljoen

LADIES FITNESS BIKINI U/1.69M

1. Carmen Botha (Overall Ladies Fitness Bikini Winner)
2. Bronwen Fritz
3. Herisha Ramdhin

LADIES FITNESS BIKINI U/1.72M

4. Cindy Royle
5. Wourine Brink
6. Kirsten Allnutt

LADIES FITNESS BIKINI O/1.72M

1. Cassandre de Jager
2. Anja Retief
3. Sonette Zeelie

LADIES BODY FITNESS U/1.58M

1. Karen de Beer (Overall Ladies Body Fitness Winner)
2. Leanne van Heerden
3. Tanya du Preez

LADIES BODY FITNESS U/1.63M

1. Michelle Guest
2. Marelize Stander
3. Michelle Alberts

LADIES BODY FITNESS U/1.68M

1. Chantel Swart
2. Lani Butler
3. Lizee Gie

LADIES BODY FITNESS O/1.68M

1. Marcelle Collison
2. Cindy Marshall
3. Nomzobo Cuba

Results and spelling as supplied by event organisers, therefore **fitness** magazine takes no responsibility for incorrect information or misspelt names.

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